

Montgomery County
RECREATION
DEPARTMENT

**Montgomery
Parks**
M-N-C-P-P-C

MONTGOMERY COUNTY

GUIDE



RECREATION AND PARK PROGRAMS | AUTUMN
2006



From the County Executive



OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND 20850

Douglas M. Duncan
County Executive

Autumn 2006



Dear Montgomery County Resident:

When temperatures start to cool down a bit and you're looking for activities that will get you outside, it's the perfect time to participate in an outdoor recreation class. Take a look inside and see what's being offered in the Recreation and Parks Autumn Guide.

And, now there are more classes than ever from which to choose. That's because some of the adult education classes formerly offered through the Montgomery County Public Schools (MCPS) are now being offered through our Recreation Department. Working closely with MCPS to ensure a smooth transition, our Recreation staff is offering additional art, cooking, music, health and personal growth classes. With more than 35 new instructors signed on, a wide variety of classes are offered in this latest Guide.

In addition to the many activities offered for all age groups, Recreation has enhanced the lineup for teens. Beginning this fall, the RecExtra Program will be available in all 38 middle schools, plus Einstein High School will join Blair and Wheaton high schools with after-school programming designed specifically for their students. Watch for a redesigned teen page on the Recreation website at www.montgomerycountymd.gov/rec. If you have ideas or suggestions for teen programming, contact Melanie Coffin at Melanie.coffin@montgomerycountymd.gov.

I hope that as you take a few minutes and look through the Guide, you'll find time to register for one or more of the classes or programs being offered through our Recreation Department.

Sincerely,

A handwritten signature in blue ink that reads "Doug Duncan".

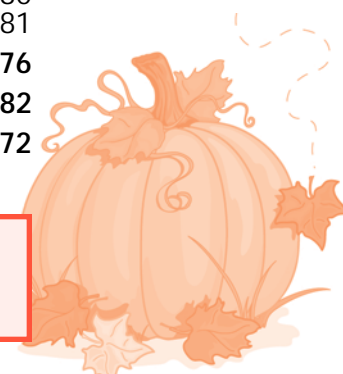
Douglas M. Duncan
County Executive



www.montgomerycountymd.gov

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Registration begins on
Monday, August 14.

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Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.



Register from the comfort of your own home or wherever you have an internet connection!

No need to walk in or mail in your registration form. Your registration is complete with only a few mouse clicks using RecWeb Internet Registration!

You must have an account with us before you register via RecWeb. For more information about RecWeb, visit our website at www.montgomerycountymd.gov/rec and select *Registration*.



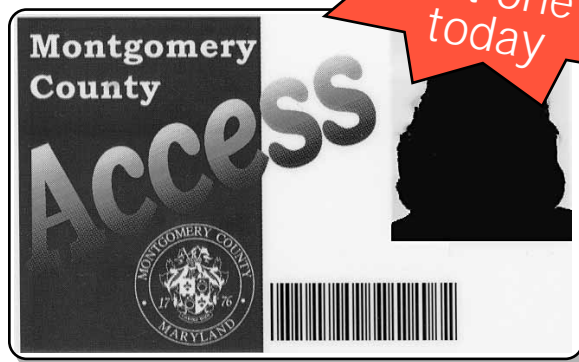
For those who prefer to register on the phone, we still offer STARLine, our automated touchtone phone registration system. Visit our website for complete information about using STARLine.

Have more questions about how to register?

Call us at 240-777-6840 and we'll be glad to answer any questions you might have.

All registrations and debts owed on your account must be paid for in full when you register via RecWeb or STARline.

Access Cards are now required for all Recreation activities!



What is an Access Card?

It is a participant card which is scanned upon entrance to any Recreation facility. The Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

One card does it all!

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to www.montgomerycountymd.gov/rec

What's New!

September

- 10 **Pooch Pool Party** See ad on page 66.
- 12 **Bridge Party** Leland Community Center, 10:00am-1:00pm. Leland Center kicks off its "55 & Better" program with a bridge party. Light refreshments will be provided. Free. Ages 55+. 301-652-2249
- 16 **Health & Fitness Expo** City Place Mall, Silver Spring, 11:00am-3:30 pm. Join us for a day of medical screenings, health education, exercise and cooking demonstrations. Learn about healthy living for the entire family. Free. 301-589-1091
- 16 **Bike Rodeo & Chalk Expressions** Damascus Community Center, 11:00am-2:00pm. Children's bicycle rodeo: Learn how to ride a bike safely while having fun. Free safety inspections for all bikes. Then grab some chalk and draw a masterpiece for our sidewalk chalk painting gallery. Family event. Free. 240-777-6930
- 27 **Stress Management Through Humor** Leland Community Center, 7:00-8:00pm. "Practicing Safe Stress: Creatively Managing Stress and Conflict and Team Building Cooperation through Humor." Have no fear...Mark Gorkin, "The Stress Doc™" is here with his dynamic and interactive, inspiring and fun-filled presentation and small group exercises. Learn to channel stress and frustration into safe sharing, cooperative/creative action and team building. Free. All ages. 301-652-2249
- 29 **Family Fun Fest** Potomac Community Center, 5:00-8:00pm. Carnival games, moon bounces, giant slide, entertainment, food and prizes. Admission \$5.00 for unlimited games/rides. 240-777-6960
- 29 **Family Bingo Night** Potomac Community Center, 8:00-9:30pm. Fun for the whole family. Games/prizes/snack bar. \$5.00 plays all night. 240-777-6960
- 29&30 **Burtonsville Day Celebration**-See ad below.
- 30 **Fighting Obesity: A Guide to Health Living for You and Your Family** Holy Cross Hospital, 10:00am-2:00pm. Learn about healthy choices for you and your family. Special focus on overweight children and their families. Includes: Free health screenings, exhibits and activities, exercise demonstrations, information talks, and 'ask the experts.' Free. 240-777-6826



October

- 5 **Game On! The Ultimate Wellness Challenge** National Mall, Washington DC. Families, teams and organizations through out the country and metropolitan area are invited to come out to participate and learn new ways to stay active, be fit, and become health advocates for youth! Free. 240-777-6826 or www.ActionforHealthyKids.org
- 29 **Halloween Happening** Potomac Community Center, 1:00-3:30pm. Costume parade, carnival games, crafts and bingo. Pre-school-12 years of age. Free. 240-777-6960

November

- 4 **Community Flea Market/Yard Sale** Potomac Community Center, 8:30am-12:30pm. Vendor spaces available, \$25.00. Free admission for buyers. 240-777-6960
- 11&12 **Table Tennis Tournament** Potomac Community Center. All levels. Entry applications will be available October 23. 240-777-6960

Sixteenth Annual **Burtonsville Days Celebration** Friday, September 29 & Saturday, September 30

7:00pm **Movie Night**
at Cedar Ridge Community Church

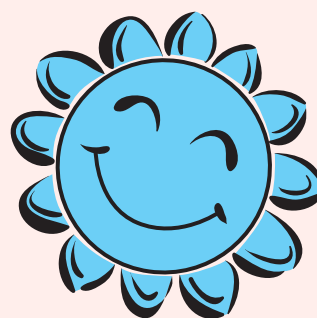
8:00am **Walkathon**
at Greencastle Lakes

10:00am **Parade**
along Old Columbia Pike

11:00am **Festival**
at Fairland Community Center, Library, Park

Hayrides Refreshments for sale
Outdoor movie screening on the barn

Musical Entertainment Demonstrations
Food Vendors Fun Activities
Craft Fair Exhibitors
Car Show "cruise-in" Pet Show
Health Fair Book Sale
Childrens Games Animals



For more information, see www.burtonsvilleday.org

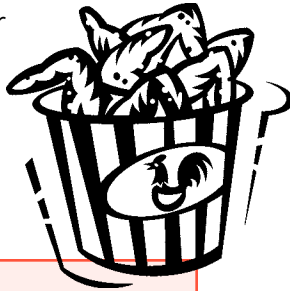


WELLNESS FEATURE

Portion Distortion

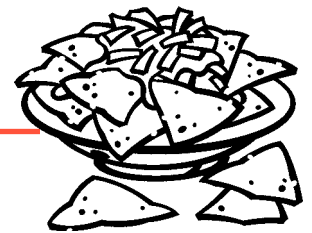
Did you know that...?

- Americans consume one billion commercially prepared meals each week, spending half of our food dollars on meals away from home
- Studies show that food intake increases as the portion size of food served increases
- The McDonald's Bacon Ranch Salad with Grilled chicken and ranch salad dressing has the same amount of fat (25gms) as a Quarterpounder with cheese?
- Some reduced-fat or fat-free foods provide almost the same number of calories as the regular food, e.g. a 2 tablespoon serving of fat-free caramel topping contains the same number of calories (103) as an equal amount of homemade caramel topping with butter?



When eating out use these tips:

Ask for salad dressing on the side
 Look for food that is steamed, broiled, baked, roasted or poached.
 Package half of the meal before you begin to eat to take home.
 Ask for mustard instead of mayonnaise, as it has virtually no calories.
 See if the restaurant has healthy cooking options during meal preparation.



SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p>1 Serving Looks Like ...</p> <p>GRAIN PRODUCTS</p> <p>1 cup of cereal flakes = fist</p> <p>1 pancake = compact disc</p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball</p> <p>1 slice of bread = cassette tape</p> <p>1 piece of cornbread = bar of soap</p>	<p>1 Serving Looks Like ...</p> <p>VEGETABLES AND FRUIT</p> <p>1 cup of salad greens = baseball</p> <p>1 baked potato = fist</p> <p>1 med. fruit = baseball</p> <p>½ cup of fresh fruit = ½ baseball</p> <p>¼ cup of raisins = large egg</p>
<p>1 Serving Looks Like ...</p> <p>DAIRY AND CHEESE</p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>½ cup of ice cream = ½ baseball</p> <p>FATS</p> <p>1 tsp. margarine or spreads = 1 dice</p>	<p>1 Serving Looks Like ...</p> <p>MEAT AND ALTERNATIVES</p> <p>3 oz. meat, fish, and poultry = deck of cards</p> <p>3 oz. grilled/baked fish = checkbook</p> <p>2 Tbsp. peanut butter = ping pong ball</p>

Family Meal Magic!

Young children who eat with their family pick up larger vocabulary words.

The more often families eat together, the less likely kids are to engage in risky behaviors and become depressed as teens.

Kids who eat most often with their parents are 40% more likely to get mostly A's and B's in school than those kids who eat two or fewer meals a week with their parents.

The more a family eats meals together, children are less likely to consume soda and fried food, and more likely to eat fruits and vegetables.



AQUATICS PROGRAMS

Indoor Pools

The Department of Recreation operates four indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Information regarding schedules and hours of operation of each pool may be obtained by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other aquatic programs are available at each pool and may be registered online through our web site, or see registration information on page 10.

Germantown Indoor Swim Ctr (GISC) 240-777-6830
18000 Central Park Circle, Boyds
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.



Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206
1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate warm water teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 301-468-4211
5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two spas, an interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.



Olney Indoor Swim Center (OSC) 301-570-1210
16601 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Swimming Instruction

Swim lessons meet once a week for 6 weeks, or twice a week for 3 weeks. Fall will offer two sessions. Fall I lessons are scheduled to begin mid-September and Fall II lessons will begin mid-October. A schedule listing dates, times and fees will be available at all pools by August 1 or see web site.

SWIM LESSONS WILL NOT BE HELD NOVEMBER 20-26 AT ALL FACILITIES. PLEASE CHECK EACH POOL'S LISTINGS FOR ADDITIONAL LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

See *Swim Lessons*, beginning on page 15.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. All non-passholders MUST obtain a free Access Card at the Swim Center or at any of our Recreation Department facilities. All users of Montgomery County facilities are required to have an Access Card. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier about Punch 12 Discount Cards.

Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwimMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team. Go to a web browser and enter: www.montgomerycountymd.gov/rec Select the Programs link, then select the Aquatics Programs link. Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Water Fitness Classes



Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online. No classes November 20-25.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 Waterworks: Sally Dimsdale 301-593-1609 sallyswaterworks@msn.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

13 Sessions \$67.00

Instructor: Peggy Brower

163064	ML King SwC	9/11	M	10:00am-10:50am
163065	ML King SwC	9/13	W	10:00am-10:50am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

13 Sessions \$67.00

Instructor: Peggy Brower

163165	Germantown In SwC	9/11	M	9:30am-10:20am
163170	ML King SwC	9/12	Tu	8:30am-9:20am
163166	Germantown In SwC	9/13	W	9:30am-10:20am
163171	ML King SwC	9/14	Th	8:30am-9:20am
163167	Germantown In SwC	9/15	F	9:30am-10:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sessions \$53.00

Instructor: Sally Dimsdale

164077	Germantown In SwC	9/9	Sa	9:30am-10:20am
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Instructor: Network, Inc Wellness

164076	Olney SwC	9/9	Sa	9:00am-9:50am
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13 Sessions

Instructor: Peggy Brower

164041	ML King SwC	9/11	M	1:00pm-1:50pm
165544	Germantown In SwC	9/11	M	10:30am-11:20am
164039	ML King SwC	9/12	Tu	7:30am-8:20am
164036	ML King SwC	9/13	W	1:00pm-1:50pm
165545	Germantown In SwC	9/13	W	10:30am-11:20am
164040	ML King SwC	9/14	Th	7:30am-8:20am

Instructor: Sally Dimsdale

164042	Montgomery AqC	9/11	M	8:30am-9:20am
164047	Montgomery AqC	9/11	M	1:30pm-2:20pm
164051	Montgomery AqC	9/12	Tu	10:00am-10:50am
164054	Montgomery AqC	9/12	Tu	7:30pm-8:20pm
164048	Montgomery AqC	9/13	W	1:30pm-2:20pm
164049	Montgomery AqC	9/13	W	8:30am-9:20am
164052	Montgomery AqC	9/14	Th	10:00am-10:50am
164055	Montgomery AqC	9/14	Th	7:30pm-8:20pm
164050	Montgomery AqC	9/15	F	8:30am-9:20am
164053	Montgomery AqC	9/15	F	1:30pm-2:20pm

Instructor: Network, Inc Wellness

164063	Olney SwC	9/11	M	7:00pm-7:50pm
164066	Olney SwC	9/11	M	6:30am-7:20am
164071	Germantown In SwC	9/11	M	1:00pm-1:50pm
164037	ML King SwC	9/12	Tu	7:00pm-7:50pm
164056	Olney SwC	9/12	Tu	8:00pm-8:50pm
164057	Olney SwC	9/12	Tu	8:30am-9:20am
164061	Olney SwC	9/12	Tu	10:30am-11:20am
164069	Germantown In SwC	9/12	Tu	9:30am-10:20am
164064	Olney SwC	9/13	W	7:00pm-7:50pm
164065	Olney SwC	9/13	W	1:30pm-2:20pm
164067	Olney SwC	9/13	W	6:30am-7:20am
164072	Germantown In SwC	9/13	W	1:00pm-1:50pm
164075	Germantown In SwC	9/13	W	7:30pm-8:20pm
164038	ML King SwC	9/14	Th	7:00pm-7:50pm
164058	Olney SwC	9/14	Th	8:00pm-8:50pm
164059	Olney SwC	9/14	Th	8:30am-9:20am
164062	Olney SwC	9/14	Th	10:30am-11:20am
164070	Germantown In SwC	9/14	Th	9:30am-10:20am
164060	Olney SwC	9/15	F	6:00pm-6:50pm
164068	Olney SwC	9/15	F	1:30pm-2:20pm
164073	Germantown In SwC	9/15	F	1:00pm-1:50pm
164074	Germantown In SwC	9/11	M	7:30pm-8:20pm



Water fitness classes offer a great workout for all fitness levels!

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

13 Sessions \$67.00

Instructor: Sally Dimsdale

163289	Montgomery AqC	9/11	M	9:30am-10:20am
163285	Montgomery AqC	9/12	Tu	8:30am-9:20am
163287	Montgomery AqC	9/13	W	9:30am-10:20am
163286	Montgomery AqC	9/14	Th	8:30am-9:20am
163288	Montgomery AqC	9/15	F	9:30am-10:20am

Instructor: Network, Inc Wellness

163294	Olney SwC	9/11	M	1:30pm-2:20pm
163283	ML King SwC	9/12	Tu	8:00pm-8:50pm
163290	Olney SwC	9/12	Tu	7:00pm-7:50pm
163292	Olney SwC	9/12	Tu	9:30am-10:20am
163296	Germantown In SwC	9/13	W	8:30pm-9:20pm
163284	ML King SwC	9/14	Th	8:00pm-8:50pm
163291	Olney SwC	9/14	Th	7:00pm-7:50pm
163293	Olney SwC	9/14	Th	9:30am-10:20am
163300	Germantown In SwC	9/14	Th	10:30am-11:20am



Water Exercise

Multi-level aerobics using water resistance to increase range of motion, strengthen muscles, improve cardiovascular fitness. Not necessary to get your face wet.

13 Sessions \$67.00

Instructor: Peggy Brower

163264	ML King SwC	9/11	M	9:00am-9:50am
163270	Germantown In SwC	9/12	Tu	7:30pm-8:20pm
163265	ML King SwC	9/13	W	9:00am-9:50am
163271	Germantown In SwC	9/14	Th	7:30pm-8:20pm
163266	ML King SwC	9/15	F	9:00am-9:50am

Instructor: Sally Dimsdale

163272	Montgomery AqC	9/11	M	8:30pm-9:20pm
163273	Montgomery AqC	9/12	Tu	11:30am-12:20pm
163276	Montgomery AqC	9/12	Tu	8:30pm-9:20pm
163274	Montgomery AqC	9/13	W	8:30pm-9:20pm
163275	Montgomery AqC	9/14	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

163279	Olney SwC	9/11	M	8:00pm-8:50pm
163281	Olney SwC	9/11	M	9:00am-9:50am
163277	Olney SwC	9/13	W	9:00am-9:50am
163280	Olney SwC	9/13	W	8:00pm-8:50pm
163278	Olney SwC	9/15	F	9:00am-9:50am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

13 Sessions \$67.00

Instructor: Sally Dimsdale

163248	Montgomery AqC	9/11	M	11:00am-11:50am
163249	Montgomery AqC	9/13	W	11:00am-11:50am
163250	Montgomery AqC	9/15	F	11:00am-11:50am

Instructor: Network, Inc Wellness

163251	Olney SwC	9/11	M	10:00am-10:50am
163246	ML King SwC	9/12	Tu	10:30am-11:20am
163254	Germantown In SwC	9/12	Tu	11:30am-12:20pm
163252	Olney SwC	9/13	W	10:00am-10:50am
163247	ML King SwC	9/14	Th	10:30am-11:20am
163253	Olney SwC	9/15	F	10:00am-10:50am

Land-Based Instruction

Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for 1/2 hour and second 1/2 hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

13 Sessions \$90.00

Instructor: Peggy Brower

163214	ML King SwC	9/12	Tu	10:00am-11:00am
163215	ML King SwC	9/14	Th	10:00am-11:00am

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

13 Sessions \$67.00

Instructor: Sally Dimsdale

163238	Montgomery AqC	9/12	Tu	6:30pm-7:20pm
163239	Montgomery AqC	9/14	Th	6:30pm-7:20pm
163237	Montgomery AqC	9/15	F	7:30am-8:20am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

13 Sessions \$90.00

Instructor: Sally Dimsdale

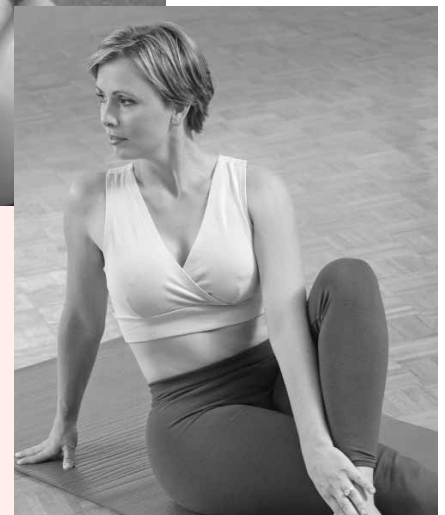
163219	Germantown In SwC	9/9	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

163216	Olney SwC	9/9	Sa	8:30am-9:30am
163217	Olney SwC	9/12	Tu	7:00pm-8:00pm
163218	Olney SwC	9/14	Th	7:00pm-8:00pm



Pilates focuses on the body's core and stabilizing muscles encouraging a strong, aligned and less stressed body.



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Fall/Winter session of RMSC runs Sept. 11, 2006 to March 31, 2007.

GERMANTOWN INDOOR SWIM CENTER

Evaluations for new swimmers will be held September 6-8. Newcomers should come to one of the following sessions:

13 yrs. & over:	4:00pm-4:45pm
11-12 yrs.:	5:00pm-5:45pm
9-10 yrs.:	6:00pm-6:45pm
8 yrs. & under:	6:15pm-7:00pm

Weekday morning practices begin September 24. For information contact Pam Ambrose at 240-777-6830 or Pam.Ambrose@montgomerycountymd.gov.

MINIS (162743)	\$745
M, W, & Th	6:30pm-7:30pm
Recommended attendance: 2/week	

JUNIORS 1 (162744)	\$735
Tuesday	6:30pm-7:30pm
Friday	5:00pm-6:00pm
Sunday	8:00am-9:00am
Recommended attendance: 2/week	

JUNIORS 2 (162745)	\$790
M, Th, & F	6:30pm-7:30pm
Sunday	7:00am-8:00am
Recommended attendance: 3/week	

ADVANCED JUNIORS (162745)	\$920
M, F	6:00pm-7:30pm
Tu, W	5:30pm-6:30pm
Sunday	6:00am-7:00am
Recommended attendance: 3-4/week	

SENIORS (162760)	\$790
Tuesday	5:15pm-6:15pm
Wednesday	3:30pm-5:30pm
Friday	3:30pm-5:00pm
Recommended attendance: 2/week	

ADVANCED SENIORS (162761)	\$995
Monday	3:30pm-5:30pm
Tuesday	3:45pm-5:15pm
Wednesday	4:45am-6:15am*
Thursday	3:30pm-4:40pm
Friday	3:45pm-5:15pm
Saturday	5:30am-7:30am
* Required practice	
Minimum practices required: 5/week	

NDG (162762)	\$975
Tuesday	6:15pm-7:30pm
Wednesday	6:00pm-7:30pm
Thursday	4:30pm-5:30pm
Friday	5:15pm-6:30pm
Saturday	7:00am-9:00am
Weekday morning practices will be added later.	
Minimum practices required: 5/week	

NTG (162763)	\$1,075
M, W	3:45pm-6:00pm
Tu, Th	3:45pm-5:30pm
Saturday	6:00am-9:00am
M, W, & F	4:45am-6:15am*
*Friday practice is required	
Minimum practices required: 7/week	

MONTGOMERY AQUATIC CENTER

Evaluations for new swimmers will be held September 6-8. Newcomers should come to one of the following sessions:

13 yrs. & over:	4:00pm-4:45pm
11-12 yrs.:	5:00pm-5:45pm
9-10 yrs.:	6:00pm-6:45pm
8 yrs. & under:	6:15pm-7:00pm

For information contact Christa Krukiel at 301-468-4211 or Christa.Krukiel@montgomerycountymd.gov.

MINIS (162707)	\$745
M, W	6:00pm-7:00pm
Tu, Th	5:00pm-5:45pm
Recommended attendance: 2+/week	

JUNIORS (162708)	\$735
M, W	5:00pm-6:00pm
Friday	5:00pm-5:45pm
Sunday	9:00am-10:00am
Recommended attendance: 2+/week	

ADVANCED JUNIORS (162709)	\$920
Tu, Th	5:45pm-7:25pm
Wednesday	6:15pm-7:30pm
Friday	5:45pm-7:00pm
Sunday	7:00am-9:00am
Recommended attendance: 3/week	

SENIORS (162710)	\$790
OPTION 1	
M, W, & F	3:30pm-5:00pm
M, W, & F	4:45am-6:15am
Sunday	6:00am-8:00am
OPTION 2	
Tu, W, & Th	3:30pm-5:00pm
M, W, & F	4:45am-6:15am
Sunday	6:00am-8:00am
Recommended attendance 3/week	

ADVANCED SENIORS (162711)	\$995
M - F	3:30pm-5:00pm
M, W, & F	4:45am-6:15am
Sunday	6:00am-8:00am
Minimum practices required: 5/week	

NDG (162712)	\$975
M, Tu, Th, & F	6:00pm-7:30pm
Wednesday	4:45am-6:15am
Saturday	5:00am-8:00am
Minimum practices required: 5/week	

NTG (162713)	\$1,075
M, Tu, Th, & F	3:45pm-6:00pm
Wednesday	3:45pm-6:15pm
M, Tu, Th, & F	4:45am-6:15am
Saturday	5:00am-8:00am
Minimum practices required: 7/week	

MARTIN LUTHER KING, JR. SWIM CENTER

No newcomers may register initially for the NDG, ASG, or NTG group. New swimmers may take the first week as a trial period before completing registration. All groups begin weekday morning practices the week of September 18, except NTG. For information contact MLK at 301-989-1206.

MINIS (162725)	\$745
M, W	5:00pm-6:00pm
Friday	4:30pm-5:30pm
Recommended attendance: 2-3/week	



JUNIORS (162726)	\$735
M, W 6:00pm-7:00pm	
Friday 5:30pm-7:00pm	
Sunday 6:00am-8:00am	
Recommended attendance: 3/week	
ADVANCED JUNIORS (162727)	\$920
Monday 6:00pm-7:00pm	
W, F 5:00pm-6:30pm	
Sunday 6:00am-8:00am	
Monday 5:30pm-6:00pm DRYLAND	
Recommended attendance: 3-4/week	
Additional dryland practices may be required.	
SENIORS (162728)	\$790
Tu - F 3:30pm-5:00pm	
Recommended attendance: 3/week	
ADVANCED SENIORS (162729)	\$995
M - F 3:30pm-5:00pm*	
Saturday 6:00am-9:00am	
M, W 4:45pm-6:30pm	
Minimum attendance required: 5/week	
* Dryland practice required until 5:45pm	
NDG (162730)	\$975
Monday 4:00pm-6:00pm	
Tu, Th 5:00pm-6:30pm	
Friday 5:00pm-7:00pm	
Sunday 6:00am-9:00am	
Wednesday 4:45am-6:30am	
Minimum attendance required: 5/week	
Dryland practices are required. Times TBA.	
NTG (162731)	\$1,075
Monday 4:00pm-6:30pm	
Tu, Th 4:30pm-7:15pm	
Wednesday 5:00pm-7:00pm	
Saturday 6:00am-9:00am	
M, W, & F 4:45am-6:30am	
Minimum attendance required: 6-7/week	
Dryland practices are required. Times TBA.	
Morning practices begin Friday, September 15.	

OLNEY SWIM CENTER

Evaluations for new swimmers will be held September 6-8. Newcomers should come to one of the following sessions:

13 yrs. & over:	4:00pm-4:45pm
11-12 yrs.:	5:00pm-5:45pm
9-10 yrs.:	6:00pm-6:45pm
8 yrs. & under:	6:15pm-7:00pm

For information contact Carey Apple at 301-570-1210 or Carey.Apple@montgomerycountymd.gov.

MINIS (162746)	\$745
Tu, Th, & F 6:00pm-7:00pm	
Recommended attendance: 2/week	
JUNIORS 1 (162747)	\$735
Tu, Th 6:00pm-7:00pm	
Sunday 8:00am-9:00am	
Recommended attendance: 2/week	
JUNIORS 2 (162748)	\$790
M, W 6:00pm-7:00pm	
Friday 5:00pm-6:00pm	
Sunday 7:30am-8:30am	
Recommended attendance: 3/week	
ADVANCED JUNIORS (162749)	\$920
Tu, Th, & F 5:00pm-6:00pm	
Wednesday 5:30pm-7:00pm	
Sunday 7:30am-9:00am	
Recommended attendance: 3-5/week	
SENIORS (162750)	\$790
Tu - F 3:45pm-5:00pm	
Recommended attendance: 3/week	
ADVANCED SENIORS (162751)	\$995

M, W, & F 3:45pm-5:30pm	
Tuesday 3:45pm-5:00pm	
Tu, Th 4:45am-6:15am	
Saturday 5:30am-7:30am	
Recommended attendance: 5/week	
NDG (162752)	\$975
M, F 5:30pm-7:00pm	
Tu, Th 5:00pm-7:00pm	
Sunday 7:00am-9:00am	
Minimum practices required: 4/week	
NTG (162763)	\$1,075
M - Th 3:45pm-6:00pm	
Friday 3:45pm-5:00pm	
Saturday 6:00am-9:00am	
M, W, & F 4:45am-6:15am	
Minimum practices required: 7/week	

Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

Montgomery Stroke & Turn Clinic

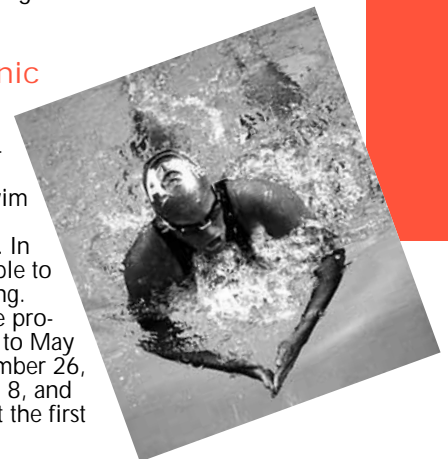
Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 29, 2006 and run to May 20, 2007. There will be no clinic on November 26, December 24 & 31, February 4, April 1 & 8, and two other Sundays that will be announced at the first session. Registration began July 17, 2006.

Instructor: clinics MSTC

156799	Montgomery AqC	10/29	Su	6:00pm-7:00pm
156800	Montgomery AqC	10/29	Su	7:00pm-8:00pm
156801	Olney SwC	10/29	Su	5:00pm-6:00pm
156802	Olney SwC	10/29	Su	6:00pm-7:00pm
156803	Olney SwC	10/29	Su	7:00pm-8:00pm
156804	GISC	10/29	Su	6:00pm-7:00pm
156805	GISC	10/29	Su	7:00pm-8:00pm
156806	MLK SwC	10/29	Su	6:00pm-7:00pm
156807	MLK SwC	10/29	Su	7:00pm-8:00pm

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-301-829-2303 or visit www.montgomerydiveclub.org.



Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

Mariners-GISC 240-777-6830**Germantown Indoor Swim Center Four Lanes**

Tue/Thu 8:30-10:00pm
Mon, Wed, Fri 6:30-7:30am

Instructor: Premier Swim

161517	Germantown SwC	1 day	\$80
161518	Germantown SwC	2 days	\$120
161519	Germantown SwC	3 days	\$160
161520	Germantown SwC	4 days	\$205
161521	Germantown SwC	5 days	\$245

Scuba**Scuba Instruction**

Scuba training will be in an Olympic size pool and teach safe use of all equipment, such as air tanks, buoyancy control, underwater breathing regulators, and more. Course fee will include use of air tanks, buoyancy control devices, and underwater breathing regulators for all pool training sessions. Necessary skin diving equipment and text will be additional. Contact instructor for more details. No equipment is necessary for the first class. Please bring a swim suit, padlock, paper and pen.

8 Sessions \$235

163117	OSC	M	9/18	7:00pm-10:00pm
16579	MLK	M	9/11	7:00pm-10:15pm
165794	MLK	M	10/30	7:00pm-10:15pm

**Mariners-MAC 301-468-4211****Montgomery Aquatic Center Eight Lanes**

Tue/Thu 8:30-10:00pm
Fri 8:30-9:30pm
Sun 8:00-10:00am

Instructor: Premier Swim

161502	Montgomery AqC	1 day	\$80
161503	Montgomery AqC	2 days	\$120
161504	Montgomery AqC	3 days	\$160
161505	Montgomery AqC	4 days	\$205
161506	Montgomery AqC	5 days	\$245

Mariners-MLK 301-989-1206**Martin Luther King, Jr Pool Six Lanes**

Mon/Wed 8:30-10:00pm
(Weekend practices at MAC & OSC)

Instructor: Premier Swim

161507	ML King SwC	1 day	\$80
161508	ML King SwC	2 days	\$120
161509	ML King SwC	3 days	\$160
161510	ML King SwC	4 days	\$205
161511	ML King SwC	5 days	\$245

Mariners-OSC 301-570-1210**Olney Swim Center Four Lanes**

Tue/Thu 8:30-10:00pm
Sat 7:30-9:00am

Instructor: Premier Swim

161512	Olney SwC	1 day	\$80
161513	Olney SwC	2 days	\$120
161514	Olney SwC	3 days	\$160
161515	Olney SwC	4 days	\$205
161516	Olney SwC	5 days	\$245

*Exercise your Mind & Body at***Lifeguard University****Aquatics 240-777-6860**

- A FREE course for youth, male and female, age 13 and up who show interest and aptitude to become a lifeguard.
- This course will be offered at several indoor pools.

The Lifeguard University is a free program. Upon successful completion of this course, we will also encourage you to register for one of our Lifeguard Training Courses (LGT). If you agree to work for MCRD Aquatics for one year the LGT course will be FREE (a small book fee will apply). You must be at least 15 and pass a swimming test.

6 Sessions		FREE	
164141	GISC	9/23 Sa	10:00am-12:00pm
164142	ML King SwC	10/10 Tue	7:00pm-9:00pm
164495	Olney SwC	9/23 Sa	10:00am-12:00pm
164496	Olney SwC	1/14 Su	10:00am-12:00pm
165162	ML King SwC	1/16 Tue	7:00pm-9:00pm
165164	GISC	4/7 Sat	10:00am-12:00pm

Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the Recreation Department offices at 4010 Randolph Road, Silver Spring. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

5 Sessions \$70.00

163445	MCRD offices	1/3	W,Th,F,M,Tu	7:00pm-9:30pm
163446	MCRD offices	4/2	M,Tu,W,Th,F	7:00pm-9:30pm
163447	MCRD offices	5/14	M,W,Th	7:00pm-9:30pm
163448	MCRD offices	6/4	M,Tu,W,Th,F	7:00pm-9:30pm

1 Session-Review \$40.00

163449	Montgomery AqC	5/19	Sa	10:00am-1:00pm
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Safety Training 2006 - 2007

Germantown Indoor Swim Center (GISC)	240-777-6830
Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210

MCRD - Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training \$100

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book fee due in cash at the first class. The pre-course consists of 500 meter swim (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You must pass this to continue.



OLNEY SWIM CENTER

Session	Date	Begin	Ends
LGT 1			
Pre-Course	Saturday, October 14, 2006	4:00pm	5:30pm
Session 1	Sunday, October 15, 2006	1:30pm	5:00pm
Session 2	Sunday, October 15, 2006	5:00pm	9:30pm
Session 3	Wednesday, October 18, 2006	6:30pm	10:00pm
Session 4	Sunday, October 22, 2006	1:30pm	5:00pm
Session 5	Sunday, October 22, 2006	5:00pm	9:30pm
Session 6	Wednesday, October 25, 2006	6:30pm	10:00pm
Session 7	Sunday, October 29, 2006	5:00pm	9:00pm
Session 8	Wednesday, November 1, 2006	6:30pm	10:00pm
Session 9	Sunday, November 5, 2006	5:00pm	9:00pm
LGT 2			
Pre-Course	Sunday, January 14, 2007	2:00pm	3:30pm
Session 1	Wednesday, January 17, 2007	6:30pm	10:00pm
Session 2	Sunday, January 21, 2007	5:00pm	9:00pm
Session 3	Wednesday, January 24, 2007	6:30pm	10:00pm
Session 4	Sunday, January 28, 2007	1:30pm	5:00pm

Session 5	Sunday, January 28, 2007	5:00pm	9:30pm
Session 6	Wednesday, January 31, 2006	6:30pm	10:00pm
Session 7	Sunday, February 4, 2007	5:00pm	9:00pm
Session 8	Wednesday, February 7, 2007	6:30pm	10:00pm
Session 9	Sunday, February 11, 2007	5:00pm	9:00pm
LGT 3			
Pre-Course	Sunday, March 4, 2007	2:00pm	3:30pm
Session 1	Wednesday, March 7, 2007	6:30pm	10:00pm
Session 2	Sunday, March 11, 2007	5:00pm	9:00pm
Session 3	Wednesday, March 14, 2007	6:30pm	10:00pm
Session 4	Sunday, March 18, 2007	1:30pm	5:00pm
Session 5	Sunday, March 18, 2007	5:00pm	9:30pm
Session 6	Wednesday, March 21, 2007	6:30pm	10:00pm
Session 7	Sunday, March 25, 2007	5:00pm	9:00pm
Session 8	Wednesday, April 11, 2007	6:30pm	10:00pm
Session 9	Sunday, April 15, 2007	5:00pm	9:00pm
LGT 4			
Pre-Course	Wednesday, March 28, 2007	8:00pm	9:30pm
Session 1	Monday, April 2, 2007	2:00pm	5:30pm
Session 2	Monday, April 2, 2007	5:30pm	9:00pm
Session 3	Tuesday, April 3, 2007	2:00pm	5:30pm
Session 4	Tuesday, April 3, 2007	5:30pm	9:00pm
Session 5	Wednesday, April 4, 2007	2:00pm	5:30pm
Session 6	Wednesday, April 4, 2007	5:30pm	9:00pm
Session 7	Thursday, April 5, 2007	2:00pm	5:30pm
Session 8	Thursday, April 5, 2007	5:30pm	9:00pm
Session 9	Friday, April 11, 2007	2:00pm	6:00pm
LGT 5			
Pre-Course	Monday, June 18, 2007	8:00pm	9:30pm
Session 1	Sunday, June 24, 2007	5:00pm	9:00pm
Session 2	Wednesday, June 27, 2007	6:30pm	10:00pm
Session 3	Sunday, July 1, 2007	5:00pm	9:00pm
Session 4	Sunday, July 8, 2007	1:30pm	5:00pm
Session 5	Sunday, July 8, 2007	5:00pm	9:30pm
Session 6	Wednesday, July 11, 2007	6:30pm	10:00pm
Session 7	Sunday, July 15, 2007	5:00pm	9:00pm
Session 8	Wednesday, July 18, 2007	6:30pm	10:00pm
Session 9	Sunday, July 22, 2007	5:00pm	9:00pm



Lifeguarding will help you develop skills and experience that will help you prepare for your future.

MONTGOMERY AQUATIC CENTER

Session	Date	Begin	Ends
LGT 1			
Pre-Course	Friday, October 6, 2006	6:30pm	8:30pm
Session 1	Sunday, October 8, 2006	9:00am	12:00pm
Session 2	Wednesday, October 11, 2006	6:30pm	9:30pm
Session 3	Friday, October 13, 2006	6:30pm	9:30pm
Session 4	Sunday, October 15, 2006	9:00am	12:00pm
Session 5	Wednesday, October 18, 2006	6:30pm	9:30pm
Session 6	Friday, October 20, 2006	6:30pm	9:30pm
Session 7	Sunday, October 22, 2006	9:00am	12:00pm
Session 8	Wednesday, October 25, 2006	6:30pm	9:30pm
Session 9	Friday, October 27, 2006	6:30pm	9:30pm
Session 10	Sunday, October 29, 2006	9:00am	12:00pm

LGT 2

Pre-Course	Friday, January 5, 2007
Session 1	Sunday, January 7, 2007
Session 2	Wednesday, January 10, 2007
Session 3	Friday, January 12, 2007
Session 4	Sunday, January 14, 2007
Session 5	Wednesday, January 17, 2007
Session 6	Friday, January 19, 2007
Session 7	Sunday, January 21, 2007
Session 8	Wednesday, January 24, 2007
Session 9	Friday, January 26, 2007
Session 10	Sunday, January 28, 2007

LGT 3

Pre-Course	Friday, March 2, 2007
Session 1	Sunday, March 4, 2007
Session 2	Wednesday, March 7, 2007
Session 3	Friday, March 9, 2007
Session 4	Sunday, March 11, 2007
Session 5	Wednesday, March 14, 2007
Session 6	Friday, March 16, 2007
Session 7	Sunday, March 18, 2007
Session 8	Wednesday, March 21, 2007
Session 9	Friday, March 23, 2007
Session 10	Sunday, March 25, 2007

LGT 4**Spring Break Mostly Mornings**

Pre-Course	Friday, March 30, 2007
Session 1	Saturday, March 31, 2007
Session 2	Monday, April 2, 2007
Session 3	Monday, April 2, 2007
Session 4	Tuesday, April 3, 2007
Session 5	Tuesday, April 3, 2007
Session 6	Wednesday, April 4, 2007
Session 7	Thursday, April 5, 2007
Session 8	Friday, April 6, 2007
Session 9	Saturday, April 7, 2007
Session 10	Monday, April 9, 2007

LGT 5**Spring Break Mostly Evenings**

Pre-Course	Friday, March 30, 2007
Session 1	Saturday, March 31, 2007
Session 2	Saturday, March 31, 2007
Session 3	Monday, April 2, 2007
Session 4	Tuesday, April 3, 2007
Session 5	Wednesday, April 4, 2007
Session 6	Friday, April 6, 2007
Session 7	Friday, April 6, 2007
Session 8	Saturday, April 7, 2007
Session 9	Saturday, April 07, 2007
Session 10	Monday, April 9, 2007

LGT 6

Pre-Course	Friday, April 13, 2007
Session 1	Sunday, April 15, 2007
Session 2	Wednesday, April 18, 2007
Session 3	Friday, April 20, 2007
Session 4	Sunday, April 22, 2007
Session 5	Wednesday, April 25, 2007
Session 6	Friday, April 27, 2007
Session 7	Sunday, April 29, 2007
Session 8	Wednesday, May02, 2007
Session 9	Friday, May 4, 2007
Session 10	Sunday, May 6, 2007

Course # 163422

6:30pm	8:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm

Course # 163417

6:30pm	8:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm

Course # 163428

6:30pm	9:00pm
8:30am	11:30am
8:30am	11:30am
12:00pm	3:00pm
8:30am	11:30am
12:00pm	3:00pm
8:30am	11:30am
8:30am	11:30am
8:30am	11:30am
8:30am	11:30am
8:30am	11:30am

Course # 163429

6:30pm	9:00pm
12:00pm	3:00pm
3:30pm	6:30pm
6:30pm	9:30pm
6:30pm	9:30pm
6:30pm	9:30pm
6:30pm	9:30pm
6:30pm	9:30pm
12:00pm	3:00pm
3:30pm	6:30pm
8:30am	11:30am

Course # 163434

6:30pm	8:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm

LGT 7

Pre-Course	Friday, May 11, 2007
Session 1	Sunday, May 13, 2007
Session 2	Wednesday, May 16, 2007
Session 3	Friday, May 18, 2007
Session 4	Sunday, May 20, 2007
Session 5	Wednesday, May 23, 2007
Session 6	Friday, May 25, 2007
Session 7	Sunday, May 27, 2007
Session 8	Wednesday, May 30, 2007
Session 9	Friday, June 1, 2007
Session 10	Sunday, June 3, 2007

LGT 8

Pre-Course	Friday, June 8, 2007
Session 1	Sunday, June 10, 2007
Session 2	Sunday, June 10, 2007
Session 3	Wednesday, June 13, 2007
Session 4	Friday, June 15, 2007
Session 5	Sunday, June 17, 2007
Session 6	Sunday, June 17, 2007
Session 7	Wednesday, June 20, 2007
Session 8	Wednesday, June 20, 2007
Session 9	Friday, June 22, 2007
Session 10	Sunday, June 24, 2007

Course # 165043

6:30pm	8:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
9:00am	12:00pm

Course # 165044

6:30pm	8:30pm
9:00am	12:00pm
12:30pm	3:30pm
6:30pm	9:30pm
9:00am	12:00pm
6:30pm	9:30pm
12:30pm	3:30pm
9:00am	12:00pm
12:30pm	3:30pm
6:30pm	9:30pm
9:00am	12:00pm

**MARTIN LUTHER KING, JR. SWIM CENTER**

Session	Date	Begin	Ends
LGT 1	Course # 163419		
Pre-Course	Tuesday, September 19, 2006	7:00pm	9:00pm
Session 1	Wednesday, September 20, 2006	6:00pm	9:30pm
Session 2	Saturday, September 23, 2006	8:30am	12:00pm
Session 3	Wednesday, September 27, 2006	6:00pm	9:30pm
Session 4	Saturday, September 30, 2006	8:30am	12:00pm
Session 5	Wednesday, October 4, 2006	6:00pm	9:30pm
Session 6	Saturday, October 7, 2006	8:30am	12:00pm
Session 7	Wednesday, October 11, 2006	6:00pm	9:30pm
Session 8	Saturday, October 14, 2006	8:30am	12:00pm
Session 9	Wednesday, October 18, 2006	6:00pm	9:30pm
Session 10	Saturday, October 21, 2006	8:30am	12:00pm

LGT 2

Pre-Course	Wednesday, January 24, 2007	6:00pm	9:30pm
Session 1	Sunday, January 28, 2007	8:30am	12:00pm
Session 2	Wednesday, January 31, 2007	6:00pm	9:30pm
Session 3	Sunday, February 4, 2007	8:30am	12:00pm
Session 4	Wednesday, February 7, 2007	6:00pm	9:30pm
Session 5	Sunday, February 11, 2007	8:30am	12:00pm
Session 6	Wednesday, February 14, 2007	6:00pm	9:30pm
Session 7	Sunday, February 18, 2007	8:30am	12:00pm
Session 8	Wednesday, February 21, 2007	6:00pm	9:30pm
Session 9	Sunday, February 23, 2007	8:30am	12:00pm
Session 10	Wednesday, February 28, 2007	6:00pm	9:30pm



LGT 3

Pre-Course	Monday, March 19, 2007	6:00pm	9:30pm
Session 1	Thursday, March 22, 2007	6:00pm	9:30pm
Session 2	Friday, March 23, 2007	6:00pm	9:30pm
Session 3	Saturday, March 24, 2007	8:30am	12:00pm
Session 4	Saturday, March 24, 2007	12:00pm	4:00pm
Session 5	Monday, March 26, 2007	6:00pm	9:30pm
Session 6	Tuesday, March 27, 2007	6:00pm	9:30pm
Session 7	Wednesday, March 28, 2007	6:00pm	9:30pm
Session 8	Saturday, March 31, 2007	8:30am	12:00pm
Session 9	Saturday, March 31, 2007	12:00pm	4:00pm

LGT 4

Pre-Course	Tuesday, April 3, 2007	6:00pm	9:30pm
Session 1	Thursday, April 5, 2007	6:00pm	9:30pm
Session 2	Friday, April 6, 2007	6:00pm	9:30pm
Session 3	Saturday, April 7, 2007	8:30am	12:00pm
Session 4	Saturday, April 7, 2007	12:00pm	4:00pm
Session 5	Monday, April 9, 2007	6:00pm	9:30pm
Session 6	Tuesday, April 10, 2007	6:00pm	9:30pm
Session 7	Wednesday, April 11, 2007	6:00pm	9:30pm
Session 8	Saturday, April 14, 2007	8:30am	12:00pm
Session 9	Saturday, April 14, 2007	12:00pm	4:00pm

LGT 5

Pre-Course	Monday, April 2, 2007	8:00am	12:00pm
Session 1	Monday, April 2, 2007	12:00pm	3:30pm
Session 2	Wednesday, April 11, 2007	8:00am	12:00pm
Session 3	Wednesday, April 11, 2007	12:00pm	3:30pm
Session 4	Thursday, April 12, 2007	8:00am	12:00pm
Session 5	Thursday, April 12, 2007	12:00pm	3:30pm
Session 6	Friday, April 13, 2007	8:00am	12:00pm
Session 7	Friday, April 13, 2007	12:00pm	3:30pm
Session 8	Saturday, April 14, 2007	8:00am	12:00pm
Session 9	Saturday, April 14, 2007	12:00pm	3:30pm

LGT 6

Pre-Course	Friday, April 27, 2007	6:00pm	9:30pm
Session 1	Saturday, April 28, 2007	8:30am	12:30am
Session 2	Wednesday, May 2, 2007	6:00pm	9:30pm
Session 3	Friday, May 4, 2007	6:00pm	9:30pm
Session 4	Saturday, May 5, 2007	8:30am	12:30am
Session 5	Wednesday, May 9, 2007	6:00pm	9:30pm
Session 6	Friday, May 11, 2007	6:00pm	9:30pm
Session 7	Saturday, May 12, 2007	8:30am	12:30am
Session 8	Wednesday, May 16, 2007	6:00pm	9:30pm
Session 9	Friday, May 18, 2007	6:00pm	9:30pm
Session 10	Saturday, May 19, 2007	8:30am	12:30am

Course # 163427

6:00pm	9:30pm
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:00pm
12:00pm	4:00pm
6:00pm	9:30pm
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:00pm
12:00pm	4:00pm

Course # 163431

6:00pm	9:30pm
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:00pm
12:00pm	4:00pm
6:00pm	9:30pm
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:00pm
12:00pm	4:00pm

Course # 163432

8:00am	12:00pm
12:00pm	3:30pm
8:00am	12:00pm
12:00pm	3:30pm
8:00am	12:00pm
12:00pm	3:30pm
8:00am	12:00pm
12:00pm	3:30pm
8:00am	12:00pm
12:00pm	3:30pm

Course # 163433

6:00pm	9:30pm
8:30am	12:30am
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:30am
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:30am
6:00pm	9:30pm
6:00pm	9:30pm
8:30am	12:30am



GERMANTOWN INDOOR SWIM CENTER

Session	Date	Begin	Ends
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LGT 1

Pre-Course	Friday, October 6, 2006	6:00pm	8:30pm
Session 1	Sunday, October 8, 2006	8:00am	12:00pm
Session 2	Sunday, October 8, 2006	12:00pm	3:30pm
Session 3	Wednesday, October 11, 2006	6:30pm	9:30pm
Session 4	Friday, October 13, 2006	6:30pm	9:30pm
Session 5	Sunday, October 15, 2006	8:00am	12:00pm
Session 6	Sunday, October 15, 2006	12:00pm	3:30pm
Session 7	Wednesday, October 18, 2006	6:30pm	9:30pm
Session 8	Friday, October 20, 2006	6:30pm	9:30pm
Session 9	Sunday, October 22, 2006	8:00am	12:00pm
Session 10	Sunday, October 22, 2006	12:00pm	3:30pm

LGT 2

Pre-Course	Thursday, November 2, 2006	6:30pm	8:30pm
Session 1	Saturday, November 4, 2006	8:00am	12:00pm
Session 2	Saturday, November 4, 2006	12:00pm	3:30pm
Session 3	Tuesday, November 7, 2006	6:30pm	9:30pm
Session 4	Thursday, November 9, 2006	6:30pm	9:30pm
Session 5	Saturday, November 11, 2006	8:00am	12:00pm
Session 6	Saturday, November 11, 2006	12:00pm	3:30pm
Session 7	Tuesday, November 14, 2006	6:30pm	9:30pm
Session 8	Thursday, November 16, 2006	6:30pm	9:30pm
Session 9	Saturday, November 18, 2006	8:00am	12:00pm
BBP/PDT	Saturday, November 18, 2006	12:00pm	3:30pm

LGT 3

Pre-Course	Saturday, January 6, 2007	12:00pm	2:00pm
Session 1	Monday, January 8, 2007	6:00pm	9:00pm
Session 2	Wednesday, January 10, 2007	6:00pm	9:00pm
Session 3	Saturday, January 13, 2007	12:00pm	4:00pm
Session 4	Monday, January 15, 2007	6:00pm	9:00pm
Session 5	Wednesday, January 17, 2007	6:00pm	9:00pm
Session 6	Saturday, January 20, 2007	12:00pm	4:00pm
Session 7	Monday, January 22, 2007	6:00pm	9:00pm
Session 8	Wednesday, January 24, 2007	6:00pm	9:00pm
Session 9	Saturday, January 27, 2007	12:00pm	4:00pm

LGT 4

Pre-Course	Thursday, February 1, 2007	6:00pm	8:00pm
Session 1	Sunday, February 4, 2007	9:00am	12:00pm
Session 2	Sunday, February 4, 2007	12:00pm	4:00pm
Session 3	Tuesday, February 6, 2007	6:00pm	9:00pm
Session 4	Thursday, February 8, 2007	6:00pm	9:00pm
Session 5	Sunday, February 11, 2007	9:00am	12:00pm
Session 6	Sunday, February 11, 2007	12:00pm	4:00pm
Session 7	Tuesday, February 13, 2007	6:00pm	9:00pm
Session 8	Thursday, February 15, 2007	6:00pm	9:00pm
Session 9	Sunday, February 18, 2007	9:00am	12:00pm
Session 10	Sunday, February 18, 2007	12:00pm	4:00pm

Course # 163436

6:00pm	8:30pm
8:00am	12:00pm
12:00pm	3:30pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	3:30pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	3:30pm

Course # 163437

6:30pm	8:30pm
8:00am	12:00pm
12:00pm	3:30pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	3:30pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	3:30pm

Course # 163438

12:00pm	2:00pm
6:00pm	9:00pm
6:00pm	9:00pm
12:00pm	4:00pm
6:00pm	9:00pm
6:00pm	9:00pm
12:00pm	4:00pm
6:00pm	9:00pm
6:00pm	9:00pm
12:00pm	4:00pm

Course # 163439

6:00pm	8:00pm
9:00am	12:00pm
12:00pm	4:00pm
6:00pm	9:00pm
6:00pm	9:00pm
9:00am	12:00pm
12:00pm	4:00pm
6:00pm	9:00pm
6:00pm	9:00pm
9:00am	12:00pm
12:00pm	4:00pm



Lifeguarding can help you develop your leadership skills.

LGT 5

Pre-Course	Friday, March 30, 2007
Session 1	Monday, April 2, 2007
Session 2	Monday, April 2, 2007
Session 3	Tuesday, April 3, 2007
Session 4	Tuesday, April 3, 2007
Session 5	Wednesday, April 4, 2007
Session 6	Wednesday, April 4, 2007
Session 7	Thursday, April 5, 2007
Session 8	Thursday, April 5, 2007
Session 9	Friday, April 6, 2007
Session 10	Friday, April 6, 2007

LGT 5

Pre-Course	Thursday, April 12, 2007
Session 1	Sunday, April 15, 2007
Session 2	Sunday, April 15, 2007
Session 3	Tuesday, April 17, 2007
Session 4	Thursday, April 19, 2007
Session 5	Sunday, April 22, 2007
Session 6	Sunday, April 22, 2007
Session 7	Tuesday, April 24, 2007
Session 8	Thursday, April 26, 2007
Session 9	Sunday, April 29, 2007
Session 10	Sunday, April 29, 2007

LGT 6

Pre-Course	Tuesday, May 1, 2007
Session 1	Sunday, May 6, 2007
Session 2	Sunday, May 6, 2007
Session 3	Tuesday, May 8, 2007
Session 4	Thursday, May 10, 2007
Session 5	Sunday, May 13, 2007
Session 6	Sunday, May 13, 2007
Session 7	Tuesday, May 15, 2007
Session 8	Thursday, May 17, 2007
Session 9	Sunday, May 20, 2007
Session 10	Sunday, May 20, 2007

LGT 7

Pre-Course	Friday, June 1, 2007
Session 1	Sunday, June 3, 2007
Session 2	Sunday, June 3, 2007
Session 3	Wednesday, June 6, 2007
Session 4	Friday, June 8, 2007
Session 5	Sunday, June 10, 2007
Session 6	Sunday, June 10, 2007
Session 7	Wednesday, June 13, 2007
Session 8	Friday, June 15, 2007
Session 9	Sunday, June 17, 2007
Session 10	Sunday, June 17, 2007

LGT 8

Pre-Course	Thursday, June 14, 2007
Session 1	Saturday, June 16, 2007
Session 2	Saturday, June 16, 2007
Session 3	Monday, June 18, 2007
Session 4	Tuesday, June 19, 2007
Session 5	Wednesday, June 20, 2007
Session 6	Thursday, June 21, 2007
Session 7	Friday, June 22, 2007
Session 8	Saturday, June 23, 2007
Session 9	Sunday, June 24, 2007

Course # 163440

6:00pm	8:00pm
8:00am	12:00pm
12:00pm	4:00pm
8:00am	12:00pm
12:00pm	4:00pm
8:00am	12:00pm
12:00pm	4:00pm
8:00am	12:00pm
12:00pm	4:00pm
8:00am	11:00am
11:00am	2:00pm

Course # 163441

6:30pm	8:30pm
8:00am	12:00pm
12:00pm	4:00pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	4:00pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	4:00pm

Course # 163442

6:30pm	8:30pm
8:00am	12:00pm
12:00pm	4:00pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	4:00pm
6:30pm	9:30pm
6:30pm	9:30pm
8:00am	12:00pm
12:00pm	4:00pm

Course # 163443

6:00pm	8:00pm
8:00am	12:00pm
12:00pm	4:00pm
5:00pm	9:00pm
5:00pm	9:00pm
8:00am	12:00pm
12:00pm	4:00pm
5:00pm	9:00pm
5:00pm	9:00pm
8:00am	12:00pm
12:00pm	4:00pm

Course # 163444

6:00pm	8:00pm
8:00am	12:00pm
12:00pm	4:00pm
8:00am	12:00pm
8:00am	12:00pm
8:00am	12:00pm
8:00am	12:00pm
8:00am	12:00pm
8:00am	12:00pm
8:00am	12:00pm

CPR/FPR Review**\$50**

This course will renew your CPR/FPR (CPR for life-guards). Students MUST have a current certification in CPR/FPR in order to participate. Students must present their current certification cards at class. Students will also need to bring their pocket mask and book (LGT). The cost of the course is \$50 registration fee (due when registering) and \$8 AP fee due at class.

OLNEY SWIM CENTER

164293	11/24	Friday	2:00pm-6:00pm
164294	12/26	Tuesday	6:00pm-10:00pm
164295	3/23	Friday	5:00pm-9:00pm
164296	5/6	Sunday	2:00pm-6:00pm

Lifeguard Training Review**\$60**

This course will recertify CURRENT American Red Cross Lifeguards. Certification will be verified at the first class. Bring your certification cards, LGT book and pocket mask. The cost of the course is \$60 registration fee (due at time of registration) and an \$8 AP fee due at the first class.

OLNEY SWIM CENTER

164299	5/30	Wednesday	6:00pm-10:00pm
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Review**\$40****MONTGOMERY AQUATIC CENTER**

163449	5/20	Saturday	10:00am-1:00pm
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Lifeguard Training Instructor**\$125**

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. The program registration fee is \$125 (due at time of registration) and a book fee of \$120 due at the first class.

GERMANTOWN INDOOR SWIM CENTER**Course # 163416**

Session 1	Friday, November 10, 2006	6:30pm	9:30pm
Session 2	Sunday, November 12, 2006	9:00am	3:30pm
Session 3	Wednesday, November 15, 2006	6:30pm	9:30pm
Session 4	Friday, November 17, 2006	6:30pm	9:30pm
Session 5	Sunday, November 19, 2006	9:00am	3:30pm
Session 6	Wednesday, November 22, 2006	6:30pm	9:30pm
Session 7	Friday, November 24, 2006	6:30pm	9:30pm
Session 8	Sunday, November 26, 2006	9:00am	3:30pm
Session 9	Wednesday, November 29, 2006	6:30pm	9:30pm
Session 10	Friday, December 1, 2006	6:30pm	9:30pm
Session 11	Sunday, December 3, 2006	9:00am	3:30pm

MONTGOMERY AQUATIC CENTER**Course # 163417**

Session 1	Friday, February 2, 2007	6:30pm	9:30pm
Session 2	Sunday, February 4, 2007	9:00am	3:30pm
Session 3	Wednesday, February 7, 2007	6:30pm	9:30pm
Session 4	Friday, February 9, 2007	6:30pm	9:30pm
Session 5	Sunday, February 11, 2007	9:00am	3:30pm
Session 6	Wednesday, February 14, 2007	6:30pm	9:30pm
Session 7	Friday, February 16, 2007	6:30pm	9:30pm
Session 8	Sunday, February 18, 2007	9:00am	3:30pm
Session 9	Wednesday, February 21, 2007	6:30pm	9:30pm
Session 10	Friday, February 23, 2007	6:30pm	9:30pm
Session 11	Sunday, February 25, 2007	9:00am	3:30pm



Lifeguarding courses include first aid and CPR training.

Ways to Register for Swim Lessons



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by August 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools.



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



Fax 240-777-6818 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.

Indoor Pool Swim Lesson Registration processing will begin August 16, 2006 at 6:30am.

Non-County residents registration begins August 17. No registrations will be processed before this time.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.

Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor pools beginning in September. Swim lesson fees range from \$45 to \$55 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

SWIM LESSONS WILL NOT BE HELD NOVEMBER 20-26 AT ALL FACILITIES. PLEASE CHECK EACH POOL'S LISTINGS FOR ADDITIONAL LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.



Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwiMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

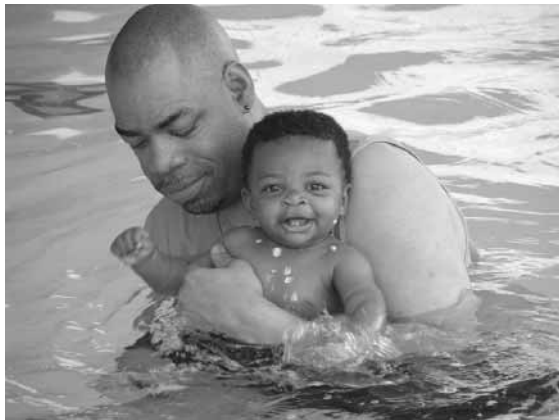
Go to a web browser and enter: www.montgomerycountymd.gov/rec Select the Programs link, then select the Aquatics Programs link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Germantown Indoor Swim Center**Phone: 240-777-6830**

Registration begins August 16. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. There are no classes November 20-26.

See page 15 for registration information.



Waterbabies is a safe, fun introduction to the water for your child.

GISC: Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
163536	Germantown In SwC 9/16 Sa	10:20am-10:50am	
163537	Germantown In SwC 9/16 Sa	9:40am-11:10am	
163540	Germantown In SwC 9/16 Sa	9:00am-9:30am	
163538	Germantown In SwC 9/17 Su	9:40am-10:10am	
163539	Germantown In SwC 9/17 Su	11:40am-12:10pm	
164105	Germantown In SwC 11/4 Sa	9:40am-11:10am	
164106	Germantown In SwC 11/4 Sa	10:20am-10:50am	
164107	Germantown In SwC 11/4 Sa	1:00pm-1:30pm	
164108	Germantown In SwC 11/5 Su	9:40am-10:10am	
164109	Germantown In SwC 11/5 Su	11:40am-12:10pm	

GISC: Aquatots

Designed for children 18 months to 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
162976	Germantown In SwC 9/16 Sa	9:00am-9:30am	
162977	Germantown In SwC 9/16 Sa	12:20pm-12:50pm	
162982	Germantown In SwC 9/16 Sa	11:40am-12:10pm	
162983	Germantown In SwC 9/16 Sa	9:40am-10:10am	
162984	Germantown In SwC 9/16 Sa	11:00am-11:30am	
162985	Germantown In SwC 9/16 Sa	1:00pm-1:30pm	
162978	Germantown In SwC 9/17 Su	9:00am-9:30am	
162979	Germantown In SwC 9/17 Su	11:00am-11:30am	



162987	Germantown In SwC 9/17 Su	10:20am-10:50am	
162988	Germantown In SwC 9/17 Su	11:40am-12:10pm	
162980	Germantown In SwC 9/20 W	6:10pm-6:40pm	
162981	Germantown In SwC 9/21 Th	5:30pm-6:00pm	
163986	Germantown In SwC 11/4 Sa	9:00am-9:30am	
164014	Germantown In SwC 11/4 Sa	12:20pm-12:50pm	
164015	Germantown In SwC 11/4 Sa	11:40am-12:10pm	
164016	Germantown In SwC 11/4 Sa	9:40am-10:10am	
164017	Germantown In SwC 11/5 Su	9:40am-10:10am	
164018	Germantown In SwC 11/5 Su	11:00am-11:30am	
164019	Germantown In SwC 11/5 Su	11:40am-12:10pm	
164020	Germantown In SwC 11/8 W	6:10pm-6:40pm	
164021	Germantown In SwC 11/9 Th	5:30pm-6:00pm	

**GISC: Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
163456	Germantown In SwC 9/16 Sa	11:00am-11:30am	
163459	Germantown In SwC 9/16 Sa	10:20am-10:50am	
163461	Germantown In SwC 9/16 Sa	11:40am-12:10pm	
163462	Germantown In SwC 9/16 Sa	12:20pm-12:50pm	
163458	Germantown In SwC 9/17 Su	10:20am-10:50am	
163463	Germantown In SwC 9/17 Su	12:20pm-12:50pm	
163464	Germantown In SwC 9/17 Su	11:00am-11:30am	
163460	Germantown In SwC 9/19 Tu, Th	3:30pm-4:00pm	
164095	Germantown In SwC 11/4 Sa	9:00am-9:30am	
164096	Germantown In SwC 11/4 Sa	10:20am-10:50am	
164097	Germantown In SwC 11/4 Sa	11:00am-11:30am	
164098	Germantown In SwC 11/4 Sa	11:40am-12:10pm	
164099	Germantown In SwC 11/4 Sa	1:00pm-1:30pm	
164100	Germantown In SwC 11/5 Su	9:00am-9:30am	
164101	Germantown In SwC 11/5 Su	10:20am-10:50am	
164102	Germantown In SwC 11/5 Su	11:00am-11:30am	
164103	Germantown In SwC 11/7 Tu, Th	3:30pm-4:00pm	
164104	Germantown In SwC 11/7 Tu	5:30pm-6:00pm	

GISC: Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions		\$54.00	
163014	Germantown In SwC 9/16 Sa	9:00am-9:30am	
163015	Germantown In SwC 9/16 Sa	9:40am-10:10am	
163016	Germantown In SwC 9/16 Sa	10:20am-10:50am	
163017	Germantown In SwC 9/16 Sa	1:00pm-1:30pm	
163026	Germantown In SwC 9/16 Sa	11:00am-11:30am	

163027	Germantown In SwC 9/16	Sa	11:40am-12:10pm
163028	Germantown In SwC 9/16	Sa	12:20pm-12:50pm
163018	Germantown In SwC 9/17	Su	9:00am-9:30am
163019	Germantown In SwC 9/17	Su	10:20am-10:50am
163020	Germantown In SwC 9/17	Su	12:20pm-12:50pm
163030	Germantown In SwC 9/17	Su	9:40am-10:10am
163031	Germantown In SwC 9/17	Su	11:00am-11:30am
163032	Germantown In SwC 9/17	Su	11:40am-12:10pm
163024	Germantown In SwC 9/18	M	6:10pm-6:40pm
163033	Germantown In SwC 9/18	M	5:30pm-6:00pm
163021	Germantown In SwC 9/19	Tu, Th	4:50pm-5:20pm
163022	Germantown In SwC 9/19	Tu	6:10pm-6:40pm
163025	Germantown In SwC 9/19	Tu	5:30pm-6:00pm
163029	Germantown In SwC 9/20	W	5:30pm-6:00pm
163023	Germantown In SwC 10/10	Tu, Th	3:30pm-4:00pm
163034	Germantown In SwC 11/4	Sa	9:00am-9:30am
163035	Germantown In SwC 11/4	Sa	9:40am-10:10am
163036	Germantown In SwC 11/4	Sa	11:00am-11:30am
163037	Germantown In SwC 11/4	Sa	10:20am-10:50am
163038	Germantown In SwC 11/4	Sa	11:40am-12:10pm
164022	Germantown In SwC 11/4	Sa	1:00pm-1:30pm
164140	Germantown In SwC 11/4	Sa	12:20pm-12:50pm
163039	Germantown In SwC 11/5	Su	10:20am-10:50am
163040	Germantown In SwC 11/5	Su	11:00am-11:30am
164023	Germantown In SwC 11/5	Su	9:00am-9:30am
164024	Germantown In SwC 11/5	Su	12:20pm-12:50pm
164025	Germantown In SwC 11/6	M	5:30pm-6:00pm
164026	Germantown In SwC 11/7	Tu	6:10pm-6:40pm
164028	Germantown In SwC 11/7	Tu, Th	4:50pm-5:20pm
164027	Germantown In SwC 11/8	W	5:30pm-6:00pm
164029	Germantown In SwC 12/5	Tu, Th	3:30pm-4:00pm



GISC: Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00			
163224	Germantown In SwC 9/16	Sa	9:00am-9:30am
163225	Germantown In SwC 9/16	Sa	9:40am-10:10am
163226	Germantown In SwC 9/16	Sa	11:40am-12:10pm
163233	Germantown In SwC 9/16	Sa	10:20am-10:50am
163235	Germantown In SwC 9/16	Sa	1:00pm-1:30pm
163227	Germantown In SwC 9/17	Su	9:00am-9:30am
163228	Germantown In SwC 9/17	Su	9:40am-10:10am
163230	Germantown In SwC 9/17	Su	12:20pm-12:50pm
163234	Germantown In SwC 9/17	Su	10:20am-10:50am
163231	Germantown In SwC 9/19	Tu	5:30pm-6:00pm
163236	Germantown In SwC 9/21	Th	6:10pm-6:40pm

163232	Germantown In SwC 10/10	Tu, Th	4:10pm-4:40pm
164030	Germantown In SwC 11/4	Sa	9:00am-9:30am
164031	Germantown In SwC 11/4	Sa	9:40am-10:10am
164032	Germantown In SwC 11/4	Sa	10:20am-10:50am
164033	Germantown In SwC 11/4	Sa	11:40am-12:10pm
164034	Germantown In SwC 11/4	Sa	1:00pm-1:30pm
164035	Germantown In SwC 11/5	Su	9:00am-9:30am
164078	Germantown In SwC 11/5	Su	9:40am-10:10am
164079	Germantown In SwC 11/5	Su	10:20am-10:50am
164080	Germantown In SwC 11/5	Su	12:20pm-12:50pm
164081	Germantown In SwC 11/6	M	6:10pm-6:40pm
164082	Germantown In SwC 11/7	Tu	5:30pm-6:00pm
164084	Germantown In SwC 11/9	Th	6:10pm-6:40pm
164083	Germantown In SwC 12/5	Tu, Th	4:10pm-4:40pm

GISC: Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00			
163302	Germantown In SwC 9/16	Sa	1:00pm-1:30pm
163305	Germantown In SwC 9/16	Sa	12:20pm-12:50pm
163311	Germantown In SwC 9/16	Sa	10:20am-10:50am
163301	Germantown In SwC 9/17	Su	11:40am-12:10pm
163303	Germantown In SwC 9/17	Su	10:20am-10:50am
163304	Germantown In SwC 9/17	Su	11:00am-11:30am
163306	Germantown In SwC 9/18	M	5:30pm-6:00pm
163308	Germantown In SwC 9/19	Tu, Th	4:10pm-4:40pm
163310	Germantown In SwC 9/21	Th	6:10pm-6:40pm
163309	Germantown In SwC 10/10	Tu, Th	4:50pm-5:20pm
164086	Germantown In SwC 11/4	Sa	12:20pm-12:50pm
164085	Germantown In SwC 11/4	Sa	10:20am-10:50am
164087	Germantown In SwC 11/4	Sa	1:00pm-1:30pm
164088	Germantown In SwC 11/5	Su	10:20am-10:50am
164089	Germantown In SwC 11/5	Su	11:00am-11:30am
164090	Germantown In SwC 11/5	Su	11:40am-12:10pm
164093	Germantown In SwC 11/6	M	5:30pm-6:00pm
164091	Germantown In SwC 11/7	Tu, Th	4:10pm-4:40pm
164094	Germantown In SwC 11/9	Th	6:10pm-6:40pm
164092	Germantown In SwC 12/5	Tu, Th	4:50pm-5:20pm

GISC: Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00			
163450	Germantown In SwC 9/16	Sa	11:00am-11:30am
163451	Germantown In SwC 9/17	Su	11:00am-11:30am
163452	Germantown In SwC 9/21	Th	5:30pm-6:00pm
163453	Germantown In SwC 11/4	Sa	11:00am-11:30am
163454	Germantown In SwC 11/5	Su	11:00am-11:30am
163455	Germantown In SwC 11/9	Th	5:30pm-6:00pm

GISC: Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00			
163542	Germantown In SwC 9/16	Sa	9:40am-10:10am
163545	Germantown In SwC 9/16	Sa	1:00pm-1:30pm
163543	Germantown In SwC 9/17	Su	9:40am-10:10am
163546	Germantown In SwC 9/17	Su	12:20pm-12:50pm



163544	Germantown In SwC 9/18	M	6:10pm-6:40pm
164110	Germantown In SwC 11/4	Sa	9:40am-10:10am
164111	Germantown In SwC 11/4	Sa	1:00pm-1:30pm
164116	Germantown In SwC 11/4	Sa	11:00am-11:30am
164112	Germantown In SwC 11/5	Su	9:40am-10:10am
164113	Germantown In SwC 11/5	Su	12:20pm-12:50pm
164114	Germantown In SwC 11/5	Su	9:00am-9:30am
164115	Germantown In SwC 11/6	M	6:10pm-6:40pm



GISC: Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions			\$47.00
163568	Germantown In SwC 9/16	Sa	11:00am-11:30am
163569	Germantown In SwC 9/16	Sa	12:20pm-12:50pm
163570	Germantown In SwC 9/17	Su	9:00am-9:30am
163571	Germantown In SwC 9/17	Su	11:40am-12:10pm
163572	Germantown In SwC 9/17	Su	12:20pm-12:50pm
163573	Germantown In SwC 9/19	Tu	6:10pm-6:40pm
164117	Germantown In SwC 11/4	Sa	11:00am-11:30am
164118	Germantown In SwC 11/4	Sa	12:20pm-12:50pm
164119	Germantown In SwC 11/5	Su	11:40am-12:10pm
164120	Germantown In SwC 11/5	Su	12:20pm-12:50pm
164121	Germantown In SwC 11/7	Tu	6:10pm-6:40pm

GISC: Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions			\$45.00
163575	Germantown In SwC 9/16	Sa	11:40am-12:10pm
163578	Germantown In SwC 9/16	Sa	9:00am-9:30am
163576	Germantown In SwC 9/17	Su	10:20am-10:50am
163574	Germantown In SwC 9/18	M	6:10pm-6:40pm
163577	Germantown In SwC 9/20	W	5:30pm-6:00pm
164122	Germantown In SwC 11/4	Sa	9:00am-9:30am
164123	Germantown In SwC 11/5	Su	10:20am-10:50am
164124	Germantown In SwC 11/6	M	6:10pm-6:40pm
164125	Germantown In SwC 11/8	W	5:30pm-6:00pm



GISC: Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions			\$45.00
163604	Germantown In SwC 9/16	Sa	12:20pm-12:50pm
163606	Germantown In SwC 9/17	Su	12:20pm-12:50pm
163605	Germantown In SwC 9/21	Th	6:10pm-6:40pm
164126	Germantown In SwC 11/4	Sa	12:20pm-12:50pm
164127	Germantown In SwC 11/5	Su	12:20pm-12:50pm
164128	Germantown In SwC 11/9	Th	6:10pm-6:40pm

GISC: Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions			\$45.00
163607	Germantown In SwC 9/16	Sa	11:40am-12:10pm
163608	Germantown In SwC 9/17	Su	11:00am-11:30am
163609	Germantown In SwC 9/21	Th	5:30pm-6:00pm
164129	Germantown In SwC 11/4	Sa	11:40am-12:10pm
164130	Germantown In SwC 11/5	Su	11:00am-11:30am
164131	Germantown In SwC 11/9	Th	5:30pm-6:00pm



GISC: Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions			\$45.00
163932	Germantown In SwC 9/16	Sa	1:00pm-1:30pm
163933	Germantown In SwC 9/17	Su	9:40am-10:10am
164132	Germantown In SwC 11/4	Sa	12:20pm-12:50pm
164133	Germantown In SwC 11/5	Su	9:40am-10:10am

GISC: Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 8 students.

6 Sessions			\$54.00
162877	Germantown In SwC 9/16	Sa	11:00am-11:30am
162879	Germantown In SwC 9/17	Su	9:00am-9:30am
163967	Germantown In SwC 9/19	Tu	5:30pm-6:00pm
162878	Germantown In SwC 9/20	W	5:30pm-6:00pm
162966	Germantown In SwC 11/4	Sa	11:00am-11:30am
162967	Germantown In SwC 11/5	Su	9:00am-9:30am
164134	Germantown In SwC 11/5	Su	10:20am-10:50am
164135	Germantown In SwC 11/7	Tu	5:30pm-6:00pm
162968	Germantown In SwC 11/8	W	5:30pm-6:00pm



GISC: Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$52.00
162904	Germantown In SwC 9/16	Sa	10:20am-10:50am	
162906	Germantown In SwC 9/17	Su	9:40am-10:10am	
163973	Germantown In SwC 9/18	M	5:30pm-6:00pm	
162905	Germantown In SwC 9/20	W	6:10pm-6:40pm	
162969	Germantown In SwC 11/4	Sa	10:20am-10:50am	
162970	Germantown In SwC 11/5	Su	9:40am-10:10am	
164136	Germantown In SwC 11/6	M	5:30pm-6:00pm	
162971	Germantown In SwC 11/8	W	6:10pm-6:40pm	

GISC: Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
162907	Germantown In SwC 9/16	Sa	9:40am-10:10am	
163974	Germantown In SwC 9/19	Tu	6:10pm-6:40pm	
162972	Germantown In SwC 11/4	Sa	9:40am-10:10am	
164139	Germantown In SwC 11/5	Su	12:20pm-12:50pm	
164137	Germantown In SwC 11/7	Tu	6:10pm-6:40pm	

GISC: Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
162908	Germantown In SwC 9/17	Su	11:40am-12:10pm	
163976	Germantown In SwC 9/20	W	6:10pm-6:40pm	
162973	Germantown In SwC 11/5	Su	11:40am-12:10pm	
164138	Germantown In SwC 11/8	W	6:10pm-6:40pm	

GISC: Adult Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
162964	Germantown In SwC 9/20	W	8:30pm-9:00pm	
162974	Germantown In SwC 11/8	W	8:30pm-9:00pm	

GISC: Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 10 students.

6 Sessions				\$52.00
162965	Germantown In SwC 9/18	M	8:30pm-9:00pm	
162975	Germantown In SwC 11/6	M	8:30pm-9:00pm	

Martin Luther King Swim Center

Phone: 301-989-1206

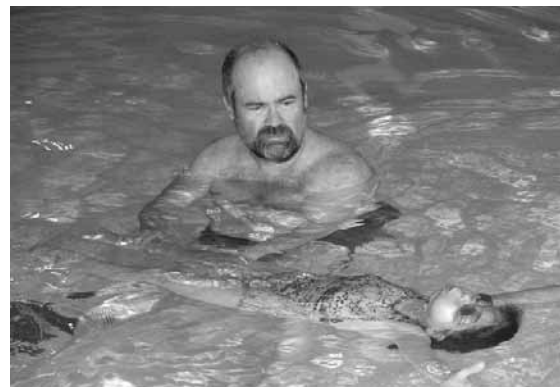
Registration begins August 16. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. Some classes may be taught outside at the discretion of the instructor or management. There are no classes October 7, October 8, November 4, November 5, and November 20-26.

See page 15 for registration information.

MLK: Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
163465	ML King SwC	9/9	Sa	11:40am-12:10pm
163466	ML King SwC	9/12	Tu	9:30am-10:00am
163467	ML King SwC	9/12	Tu	6:30pm-7:00pm
163468	ML King SwC	10/29	Su	10:00am-10:30am
163469	ML King SwC	10/31	Tu	9:30am-10:40am
163470	ML King SwC	10/31	Tu	6:30pm-7:00pm



MLK: Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
163505	ML King SwC	9/9	Sa	10:15am-10:45am
163506	ML King SwC	9/10	Su	10:00am-10:30am
163507	ML King SwC	9/10	Su	11:20am-11:50am
163508	ML King SwC	9/11	M	9:30am-10:00am
163509	ML King SwC	9/13	W	6:30pm-7:00pm
163510	ML King SwC	10/28	Sa	10:15am-10:45am
163511	ML King SwC	10/28	Sa	11:40am-12:10pm
163512	ML King SwC	10/29	Su	11:20am-11:50am
163513	ML King SwC	10/30	M	9:30am-10:00am
163514	ML King SwC	11/1	W	6:30pm-7:00pm

Enjoy priceless moments with your child in our Aquatots class.

MLK: Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

163525	ML King SwC	9/9	Sa	1:00pm-1:30pm
163526	ML King SwC	9/10	Su	12:00pm-12:30pm
163528	ML King SwC	9/11	M	5:50pm-6:20pm
163529	ML King SwC	9/13	W	9:30am-10:00am
163530	ML King SwC	9/14	Th	6:30pm-7:00pm
163531	ML King SwC	10/28	Sa	1:00pm-1:30pm
163532	ML King SwC	10/29	Su	12:00pm-12:30pm
163533	ML King SwC	10/30	M	5:50pm-6:20pm
163534	ML King SwC	11/1	W	9:30am-10:00am
163535	ML King SwC	11/2	Th	6:30pm-7:00pm

MLK: Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$54.00

163547	ML King SwC	9/9	Sa	11:00am-11:30am
163548	ML King SwC	9/9	Sa	12:20pm-12:50pm
163549	ML King SwC	9/9	Sa	1:00pm-1:30pm
163550	ML King SwC	9/10	Su	10:40am-11:10am
163551	ML King SwC	9/10	Su	12:00pm-12:30pm
163553	ML King SwC	9/11	M	5:10pm-5:40pm
163554	ML King SwC	9/11	M	6:30pm-7:00pm
163555	ML King SwC	9/12	Tu	5:10pm-5:40pm
163556	ML King SwC	9/13	W	5:10pm-5:40pm
163557	ML King SwC	9/14	Th	9:30am-10:00am
163558	ML King SwC	9/14	Th	5:50pm-6:20pm
163559	ML King SwC	10/28	Sa	12:20pm-12:50pm
163560	ML King SwC	10/28	Sa	1:00pm-1:30pm
163561	ML King SwC	10/29	Su	10:40am-11:10am
163562	ML King SwC	10/29	Su	12:00pm-12:30pm
163563	ML King SwC	10/30	M	10:10am-10:40am
163564	ML King SwC	10/30	M	6:30pm-7:00pm
163566	ML King SwC	11/1	W	5:50pm-6:20pm
163567	ML King SwC	11/2	Th	5:10pm-5:40pm



MLK: Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

163579	ML King SwC	9/9	Sa	10:15am-10:45am
163580	ML King SwC	9/9	Sa	11:00am-11:30am
163581	ML King SwC	9/9	Sa	11:40am-12:10pm
163582	ML King SwC	9/9	Sa	12:20pm-12:50pm
163583	ML King SwC	9/10	Su	10:00am-10:30am
163584	ML King SwC	9/10	Su	12:00pm-12:30pm

163585	ML King SwC	9/11	M	6:30pm-7:00pm
163587	ML King SwC	9/12	Tu	5:50pm-6:20pm
163588	ML King SwC	9/12	Tu	6:30pm-7:00pm
163589	ML King SwC	9/13	W	5:50pm-6:20pm
163590	ML King SwC	9/14	Th	5:10pm-5:40pm
163591	ML King SwC	9/14	Th	5:10pm-5:40pm
163592	ML King SwC	10/28	Sa	11:00am-11:30am
163593	ML King SwC	10/28	Sa	11:40am-12:10pm
163594	ML King SwC	10/29	Su	10:00am-10:30am
163595	ML King SwC	10/29	Su	11:20am-11:50am
163596	ML King SwC	10/29	Su	12:00pm-12:30pm
163597	ML King SwC	10/30	M	5:10pm-5:40pm
163598	ML King SwC	10/30	M	6:30pm-7:00pm
163599	ML King SwC	10/31	Tu	5:10pm-5:40pm
163600	ML King SwC	10/31	Tu	6:30pm-7:00pm
163601	ML King SwC	11/1	W	5:50pm-6:20pm
163602	ML King SwC	11/2	Th	9:30am-10:00am
163603	ML King SwC	11/2	Th	5:50pm-6:20pm

MLK: Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00

163814	ML King SwC	9/9	Sa	10:15am-10:45am
163817	ML King SwC	9/10	Su	11:20am-11:50am
163818	ML King SwC	9/11	M	5:50pm-6:20pm
163820	ML King SwC	9/13	W	6:30pm-7:00pm
163823	ML King SwC	10/28	Sa	11:00am-11:30am
163824	ML King SwC	10/28	Sa	12:20pm-12:50pm
163825	ML King SwC	10/29	Su	10:00am-10:30am
163826	ML King SwC	10/29	Su	10:40am-11:10am
163827	ML King SwC	10/30	M	5:50pm-6:20pm
163829	ML King SwC	10/31	Tu	5:50pm-6:20pm
163830	ML King SwC	11/1	W	6:30pm-7:00pm
163832	ML King SwC	11/2	Th	6:30pm-7:00pm

MLK: Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

163834	ML King SwC	9/9	Sa	11:40am-12:10pm
163836	ML King SwC	9/12	Tu	7:10pm-7:40pm
163837	ML King SwC	10/28	Sa	10:15am-10:45am
163838	ML King SwC	10/29	Su	11:20am-11:50am
163839	ML King SwC	10/31	Tu	7:10pm-7:40pm

MLK: Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

163840	ML King SwC	9/9	Sa	10:15am-10:45am
163841	ML King SwC	9/9	Sa	11:40am-12:10pm
163842	ML King SwC	9/9	Sa	12:20pm-12:50pm
163843	ML King SwC	9/10	Su	10:40am-11:10am
163844	ML King SwC	9/10	Su	12:00pm-12:30pm
163845	ML King SwC	9/12	Tu	5:50pm-6:20pm
163846	ML King SwC	9/12	Tu	7:10pm-7:40pm
163847	ML King SwC	9/13	W	5:50pm-6:20pm

*Get your
child familiar
with and
happy in the
water at an
early age.*

163848	ML King SwC	10/29	Su	10:40am-11:10am
163849	ML King SwC	11/1	W	5:10pm-5:40pm
163850	ML King SwC	11/2	Th	5:50pm-6:20pm
163851	ML King SwC	11/2	Th	7:50pm-8:20pm



MLK: Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.. Class size is limited to 8 students.

6 Sessions \$47.00				
163873	ML King SwC	9/9	Sa	11:00am-11:30am
163874	ML King SwC	9/9	Sa	1:00pm-1:30pm
163875	ML King SwC	9/10	Su	10:40am-11:10am
163876	ML King SwC	9/10	Su	11:20am-11:50am
163877	ML King SwC	9/12	Tu	7:50pm-8:20pm
163878	ML King SwC	9/14	Th	5:50pm-6:20pm
163879	ML King SwC	10/28	Sa	11:40am-12:10pm
163880	ML King SwC	10/29	Su	11:20am-11:50am
163881	ML King SwC	10/31	Tu	5:50pm-6:20pm
163882	ML King SwC	10/31	Tu	7:10pm-7:40pm
163883	ML King SwC	11/2	Th	7:10pm-7:40pm

MLK: Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$45.00				
163885	ML King SwC	9/9	Sa	11:40am-12:10pm
163895	ML King SwC	9/9	Sa	1:00pm-1:30pm
163886	ML King SwC	9/10	Su	10:00am-10:30am
163887	ML King SwC	9/10	Su	11:20am-11:50am
163888	ML King SwC	9/12	Tu	7:50pm-8:20pm
163896	ML King SwC	9/14	Th	7:10pm-7:40pm
163889	ML King SwC	10/28	Sa	11:40am-12:10pm
163890	ML King SwC	10/28	Sa	1:00pm-1:30pm
163891	ML King SwC	10/29	Su	11:20am-12:10pm
163900	ML King SwC	10/29	Su	12:00pm-12:30pm
163892	ML King SwC	10/31	Tu	7:50pm-8:20pm

MLK: Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$45.00				
163901	ML King SwC	9/9	Sa	12:20pm-1:10pm
163902	ML King SwC	9/10	Su	10:00am-10:30am

163909	ML King SwC	9/10	Su	11:20am-11:50am
163903	ML King SwC	9/14	Th	7:50pm-8:20pm
163904	ML King SwC	10/28	Sa	10:15am-10:45am
163905	ML King SwC	10/28	Sa	12:20pm-1:10pm
163906	ML King SwC	10/29	Su	12:00pm-12:30pm
163907	ML King SwC	10/31	Tu	7:50pm-8:20pm

MLK: Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$45.00				
163912	ML King SwC	9/9	Sa	12:20pm-1:10pm
163913	ML King SwC	9/10	Su	10:40am-11:10am
163914	ML King SwC	9/14	Th	7:50pm-8:20pm
163915	ML King SwC	10/28	Sa	11:00am-11:30am
163916	ML King SwC	10/28	Sa	12:20pm-1:10pm
163917	ML King SwC	10/29	Su	10:00am-10:30am
163918	ML King SwC	11/2	Th	7:50pm-8:20pm



MLK: Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$45.00				
163921	ML King SwC	9/9	Sa	1:00pm-1:30pm
163922	ML King SwC	9/14	Th	7:10pm-7:40pm
163923	ML King SwC	10/28	Sa	1:00pm-1:30pm
163924	ML King SwC	10/29	Su	10:40am-11:10am
163925	ML King SwC	11/2	Th	7:10pm-7:40pm

MLK: Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 8 students.

6 Sessions \$54.00				
163926	ML King SwC	9/9	Sa	11:00am-11:30am
163927	ML King SwC	9/10	Su	10:00am-10:30am
163928	ML King SwC	9/11	M	8:30pm-9:00pm
163929	ML King SwC	10/29	Su	10:00am-10:30am
163931	ML King SwC	10/30	M	8:30pm-9:00pm



Need an additional registration form?

Download one from www.montgomerycountymd.gov/rec

**MLK: Adult-Level 2**

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$52.00
163934	ML King SwC	9/9	Sa	10:15am-10:45am
163936	ML King SwC	9/10	Su	12:00pm-12:30pm
163937	ML King SwC	9/12	Tu	8:30pm-9:00pm
163938	ML King SwC	10/28	Sa	10:15am-10:45am
163939	ML King SwC	10/29	Su	10:40am-11:10am
163940	ML King SwC	10/31	Tu	8:30pm-9:00pm

MLK: Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
163957	ML King SwC	9/9	Sa	11:00am-11:30am
163958	ML King SwC	9/14	Th	8:30pm-9:00pm
163959	ML King SwC	10/28	Sa	11:00am-11:30am
163960	ML King SwC	11/2	Th	8:30pm-9:00pm

MLK: Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
163964	ML King SwC	9/13	W	8:30pm-9:00pm
163965	ML King SwC	11/1	W	8:30pm-9:00pm

Montgomery Aquatic Center

Phone: 301-468-4211

Registration begins on August 16. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities on Saturdays and Sundays at 1:30pm (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. There are no swim lessons November 20-26.

See page 15 for registration information.

MAC: Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
163624	Montgomery AqC	9/11	M	9:00am-9:30am
163625	Montgomery AqC	9/14	Th	9:00am-9:30am
163620	Montgomery AqC	9/16	Sa	10:20am-10:50am
163621	Montgomery AqC	9/16	Sa	11:40am-12:10pm
163622	Montgomery AqC	9/17	Su	9:40am-10:10am
163623	Montgomery AqC	9/17	Su	11:40am-12:10pm
163630	Montgomery AqC	10/23	M	9:00am-9:30am
163631	Montgomery AqC	10/26	Th	9:00am-9:30am
163626	Montgomery AqC	10/28	Sa	10:20am-10:50am
163627	Montgomery AqC	10/28	Sa	11:40am-12:10pm
163628	Montgomery AqC	10/29	Su	9:40am-10:10am
163629	Montgomery AqC	10/29	Su	11:40am-12:10pm

**MAC: Aquatots**

Designed for children 18 months to 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
163475	Montgomery AqC	9/11	M	10:00am-10:30am
163476	Montgomery AqC	9/12	Tu	9:00am-9:30am
163477	Montgomery AqC	9/12	Tu	10:00am-10:30am
163478	Montgomery AqC	9/13	W	9:00am-9:30am
163479	Montgomery AqC	9/13	W	6:10pm-6:40pm
163480	Montgomery AqC	9/14	Th	10:00am-10:30am
163481	Montgomery AqC	9/14	Th	5:30pm-6:00pm
163482	Montgomery AqC	9/15	F	9:00am-9:30am
163471	Montgomery AqC	9/16	Sa	9:00am-9:30am
163472	Montgomery AqC	9/16	Sa	12:20pm-12:50pm
163473	Montgomery AqC	9/17	Su	9:00am-9:30am
163474	Montgomery AqC	9/17	Su	11:00am-11:30am
163487	Montgomery AqC	10/23	M	10:00am-10:30am
163488	Montgomery AqC	10/24	Tu	9:00am-9:30am
163489	Montgomery AqC	10/24	Tu	10:00am-10:30am
163490	Montgomery AqC	10/25	W	9:00am-9:30am
163491	Montgomery AqC	10/25	W	6:10pm-6:40pm
163492	Montgomery AqC	10/26	Th	10:00am-10:30am
163493	Montgomery AqC	10/26	Th	5:30pm-6:00pm
163494	Montgomery AqC	10/27	F	9:00am-9:30am
163483	Montgomery AqC	10/28	Sa	9:00am-9:30am
163484	Montgomery AqC	10/28	Sa	12:20pm-12:50pm
163485	Montgomery AqC	10/29	Su, Sa	9:00am-9:30am
163486	Montgomery AqC	10/29	Su	11:00am-11:30am





MAC: Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

163795	Montgomery AqC	9/12	Tu, Th	3:30pm-4:00pm
163796	Montgomery AqC	9/12	Tu	6:10pm-6:40pm
163797	Montgomery AqC	9/14	Th	9:30am-10:00am
163791	Montgomery AqC	9/16	Sa	11:00am-11:30am
163792	Montgomery AqC	9/16	Sa	1:00pm-1:30pm
163793	Montgomery AqC	9/17	Su	10:20am-10:50am
163794	Montgomery AqC	9/17	Su	1:00pm-1:30pm
163802	Montgomery AqC	10/24	Tu, Th	3:30pm-4:00pm
163803	Montgomery AqC	10/24	Tu	6:10pm-6:40pm
163804	Montgomery AqC	10/26	Th	9:30am-10:00am
163798	Montgomery AqC	10/28	Sa	11:00am-11:30am
163799	Montgomery AqC	10/28	Sa	1:00pm-1:30pm
163800	Montgomery AqC	10/29	Su	10:20am-10:50am
163801	Montgomery AqC	10/29	Su	1:00pm-1:30pm

MAC: Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$54.00

163654	Montgomery AqC	9/11	M	9:30am-10:00am
163655	Montgomery AqC	9/11	M	6:10pm-6:40pm
163657	Montgomery AqC	9/12	Tu	6:10pm-6:40pm
163658	Montgomery AqC	9/12	Tu, Th	4:50pm-5:20pm
163660	Montgomery AqC	9/13	W	9:30am-10:00am
163661	Montgomery AqC	9/14	Th	5:30pm-6:00pm
163662	Montgomery AqC	9/15	F	10:00am-10:30am
163646	Montgomery AqC	9/16	Sa	9:00am-9:30am
163647	Montgomery AqC	9/16	Sa	9:40am-10:10am
163648	Montgomery AqC	9/16	Sa	10:20am-10:50am
163649	Montgomery AqC	9/16	Sa	1:00pm-1:30pm
163650	Montgomery AqC	9/17	Su	9:00am-9:30am
163651	Montgomery AqC	9/17	Su	10:20am-10:50am
163652	Montgomery AqC	9/17	Su	12:20pm-12:50pm
163653	Montgomery AqC	9/17	Su	1:00pm-1:30pm
163659	Montgomery AqC	10/3	Tu, Th	3:30pm-4:00pm
163671	Montgomery AqC	10/23	M	9:30am-10:00am
163672	Montgomery AqC	10/23	M	6:10pm-6:40pm
163674	Montgomery AqC	10/24	Tu	6:10pm-6:40pm
163675	Montgomery AqC	10/24	Tu, Th	4:50pm-5:20pm
163677	Montgomery AqC	10/25	W	9:30am-10:00am
163678	Montgomery AqC	10/26	Th	5:30pm-6:00pm
163679	Montgomery AqC	10/27	F	10:00am-10:30am
163663	Montgomery AqC	10/28	Sa	9:00am-9:30am
163664	Montgomery AqC	10/28	Sa	9:40am-10:10am

163665	Montgomery AqC	10/28	Sa	10:20am-10:50am
163666	Montgomery AqC	10/28	Sa	1:00pm-1:30pm
163667	Montgomery AqC	10/29	Su	9:00am-9:30am
163668	Montgomery AqC	10/29	Su	10:20am-10:50am
163669	Montgomery AqC	10/29	Su	12:20pm-12:50pm
163670	Montgomery AqC	10/29	Su	1:00pm-1:30pm
163676	Montgomery AqC	11/14	Tu, Th	3:30pm-4:00pm

MAC: Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

163689	Montgomery AqC	9/11	M	5:30pm-6:00pm
163690	Montgomery AqC	9/12	Tu	9:30am-10:00am
163691	Montgomery AqC	9/12	Tu	5:30pm-6:00pm
163692	Montgomery AqC	9/13	W	5:30pm-6:00pm
163694	Montgomery AqC	9/15	F	9:30am-10:00am
163681	Montgomery AqC	9/16	Sa	9:00am-9:30am
163682	Montgomery AqC	9/16	Sa	9:40am-10:10am
163683	Montgomery AqC	9/16	Sa	11:40am-12:10pm
163684	Montgomery AqC	9/16	Sa	12:20pm-12:50pm
163685	Montgomery AqC	9/17	Su	9:00am-9:30am
163686	Montgomery AqC	9/17	Su	9:40am-10:10am
163687	Montgomery AqC	9/17	Su	11:40am-12:10pm
163688	Montgomery AqC	9/17	Su	12:20pm-12:50pm
163695	Montgomery AqC	10/3	Tu, Th	4:10pm-4:40pm
163704	Montgomery AqC	10/23	M	5:30pm-6:00pm
163705	Montgomery AqC	10/24	Tu	9:30am-10:00am
163706	Montgomery AqC	10/24	Tu	5:30pm-6:00pm
163707	Montgomery AqC	10/25	W	5:30pm-6:00pm
163709	Montgomery AqC	10/27	F	9:30am-10:00am
163696	Montgomery AqC	10/28	Sa	9:00am-9:30am
163697	Montgomery AqC	10/28	Sa	9:40am-10:10am
163698	Montgomery AqC	10/28	Sa	11:40am-12:10pm
163699	Montgomery AqC	10/28	Sa	12:20pm-12:50pm
163700	Montgomery AqC	10/29	Su	9:00am-9:30am
163701	Montgomery AqC	10/29	Su	9:40am-10:10am
163702	Montgomery AqC	10/29	Su	11:40am-12:10pm
163703	Montgomery AqC	10/29	Su	12:20pm-12:50pm
163710	Montgomery AqC	11/14	Tu, Th	4:10pm-4:40pm



MAC: Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00

163718	Montgomery AqC	9/11	M	5:30pm-6:00pm
163719	Montgomery AqC	9/12	Tu, Th	4:10pm-4:50pm
163720	Montgomery AqC	9/13	W	5:30pm-6:00pm

Our swim lessons are a fun way for your child to enhance their swimming skills.

163721	Montgomery AqC	9/13	W	6:10pm-6:40pm
163723	Montgomery AqC	9/14	Th	6:10pm-6:40pm
163722	Montgomery AqC	9/15	F	10:30am-11:00am
163711	Montgomery AqC	9/16	Sa	11:00am-11:30am
163712	Montgomery AqC	9/16	Sa	11:40am-12:10pm
163713	Montgomery AqC	9/16	Sa	1:00pm-1:30pm
163714	Montgomery AqC	9/17	Su	9:40am-10:10am
163715	Montgomery AqC	9/17	Su	10:20am-10:50am
163716	Montgomery AqC	9/17	Su	11:00am-11:30am
163717	Montgomery AqC	9/17	Su	1:00pm-1:30pm
163724	Montgomery AqC	10/3	Tu, Th	4:50pm-5:20pm
163732	Montgomery AqC	10/23	M	5:30pm-6:00pm
163733	Montgomery AqC	10/24	Tu, Th	4:10pm-4:40pm
163734	Montgomery AqC	10/25	W	5:30pm-6:00pm
163735	Montgomery AqC	10/25	W	6:10pm-6:40pm
163737	Montgomery AqC	10/26	Th	6:10pm-6:40pm
163736	Montgomery AqC	10/27	F	10:30am-11:00am
163725	Montgomery AqC	10/28	Sa	11:00am-11:30am
163726	Montgomery AqC	10/28	Sa	11:40am-12:10pm
163727	Montgomery AqC	10/28	Sa	1:00pm-1:30pm
163728	Montgomery AqC	10/29	Su	9:40am-10:10am
163729	Montgomery AqC	10/29	Su	10:20am-10:50am
163730	Montgomery AqC	10/29	Su	11:00am-11:30am
163731	Montgomery AqC	10/29	Su	1:00pm-1:30pm
163738	Montgomery AqC	11/14	Tu, Th	4:50pm-5:20pm

MAC: Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

163743	Montgomery AqC	9/14	Th	6:10pm-6:40pm
163739	Montgomery AqC	9/16	Sa	11:00am-11:30am
163740	Montgomery AqC	9/16	Sa	12:20pm-12:50pm
163741	Montgomery AqC	9/17	Su	11:00am-11:30am
163742	Montgomery AqC	9/17	Su	11:40am-12:10pm
163748	Montgomery AqC	10/26	Th	6:10pm-6:40pm
163744	Montgomery AqC	10/28	Sa	11:00am-11:30am
163745	Montgomery AqC	10/28	Sa	12:20pm-12:50pm
163746	Montgomery AqC	10/29	Su	11:00am-11:30am
163747	Montgomery AqC	10/29	Su	11:40am-12:10pm

MAC: Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52.00

163751	Montgomery AqC	9/11	M	6:10pm-6:40pm
163749	Montgomery AqC	9/16	Sa	1:00pm-1:30pm
163750	Montgomery AqC	9/17	Su	9:40am-10:10am
163754	Montgomery AqC	10/23	M	6:10pm-6:40pm
163752	Montgomery AqC	10/28	Sa	1:00pm-1:30pm
163753	Montgomery AqC	10/29	Su	9:40am-10:10am

MAC: Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$47.00

163759	Montgomery AqC	9/12	Tu	5:30pm-6:00pm
163755	Montgomery AqC	9/16	Sa	10:20am-10:50am

163756	Montgomery AqC	9/16	Sa	12:20pm-12:50pm
163757	Montgomery AqC	9/17	Su	11:40am-12:10pm
163758	Montgomery AqC	9/17	Su	12:20pm-12:50pm
163764	Montgomery AqC	10/24	Tu	5:30pm-6:00pm
163760	Montgomery AqC	10/28	Sa	10:20am-10:50am
163761	Montgomery AqC	10/28	Sa	12:20pm-12:50pm
163762	Montgomery AqC	10/29	Su	11:40am-12:10pm
163763	Montgomery AqC	10/29	Su	12:20pm-12:50pm

**MAC: Youth-Level 3**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$45.00

163765	Montgomery AqC	9/16	Sa	9:40am-10:10am
163766	Montgomery AqC	9/16	Sa	11:00am-11:30am
163767	Montgomery AqC	9/16	Sa	11:40am-12:10pm
163768	Montgomery AqC	9/17	Su	10:20am-10:50am
163769	Montgomery AqC	9/17	Su	11:00am-11:30am
163770	Montgomery AqC	10/28	Sa	9:40am-10:10am
163771	Montgomery AqC	10/28	Sa	11:00am-11:30am
163772	Montgomery AqC	10/28	Sa	11:40am-12:10pm
163773	Montgomery AqC	10/29	Su	10:20am-10:50am
163774	Montgomery AqC	10/29	Su	11:00am-11:30am

MAC: Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$45.00

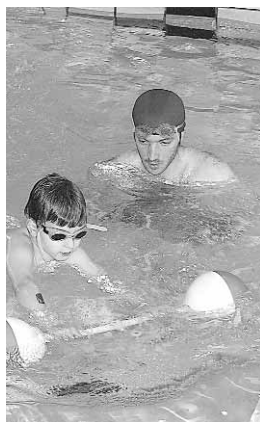
163775	Montgomery AqC	9/16	Sa	11:40am-12:10pm
163776	Montgomery AqC	9/17	Su	11:00am-11:30am
163777	Montgomery AqC	9/17	Su	12:20pm-12:50pm
163778	Montgomery AqC	9/17	Su	1:00pm-1:30pm
163779	Montgomery AqC	10/28	Sa	11:40am-12:10pm
163780	Montgomery AqC	10/29	Su	11:00am-11:30am
163781	Montgomery AqC	10/29	Su	12:20pm-12:50pm
163782	Montgomery AqC	10/29	Su	1:00pm-1:30pm

MAC: Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

163783	Montgomery AqC	9/16	Sa	1:00pm-1:30pm
163784	Montgomery AqC	9/17	Su	1:00pm-1:30pm
163785	Montgomery AqC	10/28	Sa	1:00pm-1:30pm
163786	Montgomery AqC	10/29	Su	1:00pm-1:30pm



MAC: Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 parent/child registrations.

6 Sessions					\$45.00
163787	Montgomery AqC	9/16	Sa	12:20pm-12:50pm	
163788	Montgomery AqC	9/17	Su	12:20pm-12:50pm	
163789	Montgomery AqC	10/28	Sa	12:20pm-12:50pm	
163790	Montgomery AqC	10/29	Su	12:20pm-12:50pm	

MAC: Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size limited to 8 students.

6 Sessions					\$54.00
163614	Montgomery AqC	9/14	Th	8:30pm-9:00pm	
163615	Montgomery AqC	9/16	Sa	11:00am-11:30am	
163616	Montgomery AqC	9/17	Su	10:20am-10:50am	
163617	Montgomery AqC	10/26	Th	8:30pm-9:00pm	
163618	Montgomery AqC	10/28	Sa	11:00am-11:30am	
163619	Montgomery AqC	10/29	Su	10:20am-10:50am	



MAC: Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions					\$52.00
163632	Montgomery AqC	9/16	Sa	10:20am-10:50am	
163633	Montgomery AqC	10/28	Sa	10:20am-10:50am	

MAC: Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions					\$52.00
163634	Montgomery AqC	9/16	Sa	9:40am-10:10am	
163635	Montgomery AqC	10/28	Sa	9:40am-10:10am	

MAC: Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions					\$52.00
163637	Montgomery AqC	9/12	Tu	8:30pm-9:00pm	
163636	Montgomery AqC	9/17	Su	11:40am-12:10pm	
163639	Montgomery AqC	10/24	Tu	8:30pm-9:00pm	
163638	Montgomery AqC	10/29	Su	11:40am-12:10pm	

MAC: Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions					\$52.00
163640	Montgomery AqC	9/13	W	8:30pm-9:00pm	
163641	Montgomery AqC	10/25	W	8:30pm-9:00pm	

MAC: Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 10 students.

6 Sessions					\$52.00
163642	Montgomery AqC	9/11	M	8:30pm-9:00pm	
163643	Montgomery AqC	10/23	M	8:30pm-9:00pm	

MAC: Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size is limited to 10 students.

6 Sessions					\$52.00
163644	Montgomery AqC	9/11	M	8:30pm-9:00pm	
163645	Montgomery AqC	10/23	M	8:30pm-9:00pm	

MAC: Adapted Aquatics

This is a learn-to-swim program for children age 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions					\$55.00
163610	Montgomery AqC	9/16	Sa	9:45am-10:25am	
163611	Montgomery AqC	9/16	Sa	10:35am-11:15am	
163612	Montgomery AqC	10/28	Sa	10:35am-11:15am	
163613	Montgomery AqC	10/28	Sa	9:45am-10:25am	

Olney Swim Center

Phone: 301-570-1210

Registration begins August 16. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Classes meet for six 30 minute sessions. There are no classes November 20-26.

See page 15 for registration information.



Need an additional registration form?

Download one from www.montgomerycountymd.gov/rec

**OSC: Waterbabies**

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
162054	Olney SwC	9/9	Sa	11:20am-11:50am
162055	Olney SwC	9/10	Su	10:50am-11:20am
162058	Olney SwC	9/12	Tu	9:40am-10:10am
162056	Olney SwC	10/28	Sa	11:20am-11:50am
162057	Olney SwC	10/29	Su	10:50am-11:20am
162059	Olney SwC	10/31	Tu	10:15am-10:45am

OSC: Aquatots

Designed for children 18 months to 3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
162061	Olney SwC	9/9	Sa	10:40am-11:10am
162062	Olney SwC	9/9	Sa	12:00am-12:30pm
162063	Olney SwC	9/10	Su	11:30am-12:00pm
162064	Olney SwC	9/12	Tu	10:15am-10:45am
162065	Olney SwC	9/12	Tu	5:55pm-6:25pm
162066	Olney SwC	9/14	Th	9:40am-10:10am
162074	Olney SwC	9/14	Th	6:30pm-7:00pm
162073	Olney SwC	9/25	M, W	6:25pm-6:55pm
162202	Olney SwC	10/23	M, W	6:25pm-6:55pm
162067	Olney SwC	10/28	Sa	10:40am-11:10am
162068	Olney SwC	10/29	Su	10:10am-10:40am
162069	Olney SwC	10/29	Su	11:30am-12:00pm
162070	Olney SwC	10/31	Tu	9:40am-10:10am
162071	Olney SwC	10/31	Tu	5:55pm-6:25pm
162072	Olney SwC	11/2	Th	10:15am-10:45am

OSC: Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
162102	Olney SwC	9/9	Sa	10:00am-10:30am
162103	Olney SwC	9/9	Sa	1:20pm-1:50pm
162104	Olney SwC	9/10	Su	9:30am-10:00am
162105	Olney SwC	9/10	Su	10:10am-10:40am
162106	Olney SwC	9/12	Tu	6:30pm-7:00pm
162107	Olney SwC	9/14	Th	10:15am-10:45am
162108	Olney SwC	9/14	Th	5:55pm-6:30pm
162110	Olney SwC	10/28	Sa	10:00am-10:30am
162111	Olney SwC	10/28	Sa	12:40pm-1:10pm

162112	Olney SwC	10/29	Su	9:30am-10:00am
162113	Olney SwC	10/31	Tu	6:30pm-7:00pm
162114	Olney SwC	11/2	Th	9:40am-11:10am
162115	Olney SwC	11/2	Th	5:55pm-6:25pm
162116	Olney SwC	11/27	M, W	6:25pm-6:55pm

OSC: Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$54.00
162152	Olney SwC	9/9	Sa	10:00am-10:30am
162153	Olney SwC	9/9	Sa	10:40am-11:10am
162154	Olney SwC	9/9	Sa	11:20am-11:50am
162155	Olney SwC	9/9	Sa	12:00pm-12:30pm
162156	Olney SwC	9/9	Sa	12:00pm-12:30pm
162157	Olney SwC	9/9	Sa	12:40pm-1:10pm
162158	Olney SwC	9/9	Sa	1:20pm-1:50pm
162254	Olney SwC	9/9	Sa	12:40pm-1:10pm
162159	Olney SwC	9/10	Su	9:30am-10:00am
162160	Olney SwC	9/10	Su	9:30am-10:00am
162161	Olney SwC	9/10	Su	10:10am-10:50am
162162	Olney SwC	9/10	Su	10:50am-11:20am
162163	Olney SwC	9/10	Su	11:30am-12:00pm
162164	Olney SwC	9/10	Su	11:30am-12:00pm
162255	Olney SwC	9/10	Su	10:50am-11:20am
162165	Olney SwC	9/12	Tu	9:40am-10:10am
162166	Olney SwC	9/12	Tu	5:55pm-6:25pm
162167	Olney SwC	9/12	Tu	6:30pm-7:00pm
162168	Olney SwC	9/14	Th	9:40am-10:10am
162169	Olney SwC	9/14	Th	5:55pm-6:25pm
162170	Olney SwC	9/14	Th	6:30pm-7:00pm
162171	Olney SwC	9/25	M, W	6:25pm-6:55pm
162172	Olney SwC	9/25	M, W	6:25pm-6:55pm
162173	Olney SwC	9/25	M, W	7:05pm-7:35pm
162193	Olney SwC	10/23	M, W	6:25pm-6:55pm
162194	Olney SwC	10/23	M, W	6:25pm-6:55pm
162195	Olney SwC	10/23	M, W	7:05pm-7:35pm
162363	Olney SwC	10/23	M, W	7:05pm-7:35pm
162174	Olney SwC	10/28	Sa	10:00am-10:30am
162175	Olney SwC	10/28	Sa	10:40am-11:10am
162176	Olney SwC	10/28	Sa	11:20am-11:50am
162177	Olney SwC	10/28	Sa	12:00pm-12:30pm
162178	Olney SwC	10/28	Sa	12:40pm-1:10pm
162179	Olney SwC	10/28	Sa	1:20pm-1:50pm
162180	Olney SwC	10/28	Sa	1:20pm-1:50pm
162252	Olney SwC	10/28	Sa	11:20am-11:50am
162181	Olney SwC	10/29	Su	9:30am-10:00am
162182	Olney SwC	10/29	Su	10:10am-10:40am
162183	Olney SwC	10/29	Su	10:10am-10:40am
162184	Olney SwC	10/29	Su	10:50am-11:20am
162185	Olney SwC	10/29	Su	10:50am-11:20am
162186	Olney SwC	10/29	Su	11:30am-12:00pm
162187	Olney SwC	10/29	Su	11:30am-12:00pm
162188	Olney SwC	10/31	Tu	5:55pm-6:25pm
162361	Olney SwC	10/31	Tu	5:55pm-6:25pm
162189	Olney SwC	10/31	Tu	6:30pm-7:00pm
162190	Olney SwC	11/2	Th	5:55pm-6:25pm
162191	Olney SwC	11/2	Th	6:30pm-7:00pm
162192	Olney SwC	11/2	Th	6:30pm-7:00pm
162253	Olney SwC	11/2	Th	5:55pm-6:25pm
162196	Olney SwC	11/27	M, W	6:25pm-6:55pm
162197	Olney SwC	11/27	M, W	6:25pm-6:55pm
162198	Olney SwC	11/27	M, W	7:05pm-7:35pm





OSC: Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

162257	Olney SwC	9/9	Sa	10:00am-10:30am
162258	Olney SwC	9/9	Sa	10:40am-11:10am
162259	Olney SwC	9/9	Sa	11:20am-11:50am
162260	Olney SwC	9/9	Sa	12:00pm-12:30pm
162262	Olney SwC	9/9	Sa	1:20pm-1:50pm
162387	Olney SwC	9/9	Sa	1:20pm-1:50pm
162263	Olney SwC	9/10	Su	9:30am-10:00am
162264	Olney SwC	9/10	Su	10:10am-10:40am
162265	Olney SwC	9/10	Su	10:50am-11:20am
162266	Olney SwC	9/10	Su	11:30am-12:00pm
162267	Olney SwC	9/10	Su	11:30am-12:00pm
162269	Olney SwC	9/12	Tu	10:15am-10:45am
162270	Olney SwC	9/12	Tu	5:55pm-6:25pm
162271	Olney SwC	9/12	Tu	6:30pm-7:00pm
162272	Olney SwC	9/14	Th	10:15am-10:45am
162273	Olney SwC	9/14	Th	5:55pm-6:25pm
162274	Olney SwC	9/14	Th	6:30pm-7:00pm
162275	Olney SwC	9/25	M, W	6:25pm-6:55pm
162276	Olney SwC	9/25	M, W	6:25pm-6:55pm
162277	Olney SwC	9/25	M, W	7:05pm-7:35pm
162297	Olney SwC	10/23	M, W	6:25pm-6:55pm
162298	Olney SwC	10/23	M, W	6:25pm-6:55pm
162299	Olney SwC	10/23	M, W	7:05pm-7:35pm
162278	Olney SwC	10/28	Sa	10:00am-10:30am
162279	Olney SwC	10/28	Sa	10:40am-11:10am
162281	Olney SwC	10/28	Sa	12:00pm-12:30pm
162282	Olney SwC	10/28	Sa	12:40pm-1:10pm
162283	Olney SwC	10/28	Sa	1:20pm-1:50pm
162284	Olney SwC	10/28	Sa	1:20pm-1:50pm
162285	Olney SwC	10/29	Su	9:30am-10:00am
162286	Olney SwC	10/29	Su	10:10am-10:40am
162287	Olney SwC	10/29	Su	10:10am-10:40am
162288	Olney SwC	10/29	Su	10:50am-11:20am
162289	Olney SwC	10/29	Su	11:30am-12:00pm
162290	Olney SwC	10/29	Su	11:30am-12:00pm
162291	Olney SwC	10/31	Tu	5:55pm-6:25pm
162362	Olney SwC	10/31	Tu	6:30pm-7:00pm
162294	Olney SwC	11/2	Th	5:55pm-6:25pm
162296	Olney SwC	11/2	Th	6:30pm-7:10pm
162300	Olney SwC	11/27	M, W	6:25pm-6:55pm
162301	Olney SwC	11/27	M, W	7:05pm-7:35pm

OSC: Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00

162365	Olney SwC	9/9	Sa	10:00am-10:30am
162366	Olney SwC	9/9	Sa	10:40am-11:10am
162367	Olney SwC	9/9	Sa	12:00pm-12:30pm
162368	Olney SwC	9/9	Sa	12:40pm-1:10pm
162370	Olney SwC	9/10	Su	9:30am-10:00am
162371	Olney SwC	9/10	Su	10:10am-10:40am
162372	Olney SwC	9/25	M, W	7:05pm-7:35pm
162373	Olney SwC	9/25	M, W	7:45pm-8:15pm
162381	Olney SwC	10/23	M, W	7:45pm-8:15pm
162374	Olney SwC	10/28	Sa	10:00am-10:30am
162375	Olney SwC	10/28	Sa	10:40am-11:10am
162376	Olney SwC	10/28	Sa	12:00pm-12:30pm
162377	Olney SwC	10/29	Su	9:30am-10:00am
162378	Olney SwC	10/29	Su	10:10am-10:40am
162379	Olney SwC	10/29	Su	10:50am-11:20am
162382	Olney SwC	11/27	M, W	7:05pm-7:35pm
162383	Olney SwC	11/27	M, W	7:45pm-8:15pm

OSC: Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

162699	Olney SwC	9/9	Sa	12:40pm-1:10pm
162701	Olney SwC	9/10	Su	10:50am-11:20am
162702	Olney SwC	9/25	M, W	7:45pm-8:15pm
162705	Olney SwC	10/23	M, W	7:45pm-8:15pm
162703	Olney SwC	10/28	Sa	12:40pm-1:10pm
162704	Olney SwC	10/29	Su	9:30am-10:00am

OSC: Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

162602	Olney SwC	9/9	Sa	10:00am-10:30am
162603	Olney SwC	9/10	Su	10:10am-10:50am
162604	Olney SwC	9/25	M, W	7:45pm-8:15pm
162607	Olney SwC	10/23	M, W	7:45pm-8:15pm
162605	Olney SwC	10/28	Sa	11:20am-11:50am
162606	Olney SwC	10/31	Tu	6:30pm-7:00pm
162608	Olney SwC	11/27	M, W	6:25pm-6:55pm
162714	Olney SwC	11/27	M, W	7:45pm-8:15pm



Our swim lessons are grouped by both age and skill levels.

OSC: Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$47.00	
162715	Olney SwC	9/9	Sa	11:20am-11:50am	
162880	Olney SwC	9/9	Sa	1:20pm-1:50pm	
162716	Olney SwC	9/10	Su	9:30am-10:00am	
162717	Olney SwC	9/10	Su	10:10am-10:40am	
162718	Olney SwC	9/25	M, W	7:45pm-8:15pm	
162723	Olney SwC	10/23	M, W	7:45pm-8:15pm	
162719	Olney SwC	10/28	Sa	10:40am-11:10am	
162720	Olney SwC	10/28	Sa	11:20am-11:50am	
162721	Olney SwC	10/29	Su	9:30am-10:00am	
162722	Olney SwC	11/2	Th	6:30pm-7:00pm	
162724	Olney SwC	11/27	M, W	7:05pm-7:35pm	

OSC: Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$45.00	
162732	Olney SwC	9/9	Sa	10:40am-11:10am	
162733	Olney SwC	9/9	Sa	11:20am-11:50am	
162734	Olney SwC	9/10	Su	10:10am-10:40am	
162735	Olney SwC	9/10	Su	11:30am-12:00pm	
162736	Olney SwC	9/25	M, W	7:05pm-7:35pm	
162741	Olney SwC	10/23	M, W	7:05pm-7:35pm	
162737	Olney SwC	10/28	Sa	11:20am-11:50am	
162738	Olney SwC	10/28	Sa	12:00pm-12:30pm	
162739	Olney SwC	10/29	Su	10:10am-10:40am	
162740	Olney SwC	10/29	Su	10:50am-11:20am	
162742	Olney SwC	11/27	M, W	7:45pm-8:15pm	

OSC: Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00	
162814	Olney SwC	9/9	Sa	11:20am-11:50am	
162815	Olney SwC	9/9	Sa	12:00pm-12:30pm	
162816	Olney SwC	9/10	Su	10:50am-11:20am	
162817	Olney SwC	9/25	M, W	7:05pm-7:35pm	
162821	Olney SwC	10/23	M, W	7:05pm-7:35pm	
162818	Olney SwC	10/28	Sa	12:00pm-12:30pm	
162819	Olney SwC	10/28	Sa	12:40pm-1:10pm	
162820	Olney SwC	10/29	Su	10:50am-11:20am	
162822	Olney SwC	11/27	M, W	7:05pm-7:35pm	

OSC: Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00	
162865	Olney SwC	9/9	Sa	12:40pm-1:10pm	
162866	Olney SwC	9/10	Su	10:50am-11:20am	
162867	Olney SwC	9/25	M, W	7:45pm-8:15pm	

162871	Olney SwC	10/23	M, W	7:45pm-8:15pm	
162868	Olney SwC	10/28	Sa	12:40pm-1:10pm	
162869	Olney SwC	10/28	Sa	1:20pm-1:50pm	
162870	Olney SwC	10/29	Su	11:30am-12:00pm	
162872	Olney SwC	11/27	M, W	7:45pm-8:15pm	

OSC: Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$45.00	
162873	Olney SwC	9/9	Sa	12:40pm-1:10pm	
162874	Olney SwC	9/10	Su	11:30am-12:00pm	
162875	Olney SwC	10/28	Sa	1:20pm-1:50pm	
162876	Olney SwC	10/29	Su	11:30am-12:00pm	

OSC: Adult-Level 1

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 8 students.

6 Sessions				\$54.00	
162881	Olney SwC	9/9	Sa	1:20pm-1:50pm	
162882	Olney SwC	9/12	Tu	7:45pm-8:15pm	
162883	Olney SwC	11/2	Th	7:45pm-8:15pm	
162884	Olney SwC	11/27	M, W	7:45pm-8:45pm	

OSC: Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all age and abilities. Class size is limited to 10 students.

6 Sessions				\$52.00	
162885	Olney SwC	9/9	Sa	10:00am-10:30am	
162886	Olney SwC	9/12	Tu	7:10pm-7:40pm	
162888	Olney SwC	10/28	Sa	12:00pm-12:30pm	
162889	Olney SwC	10/31	Tu	7:45pm-8:15pm	

OSC: Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00	
162891	Olney SwC	9/9	Sa	10:40am-11:10am	
162892	Olney SwC	9/14	Th	7:10pm-7:40pm	
162893	Olney SwC	10/28	Sa	10:40am-11:10am	
162894	Olney SwC	10/31	Tu	7:10pm-7:40pm	

OSC: Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00	
162895	Olney SwC	9/14	Th	7:45pm-8:15pm	
162896	Olney SwC	10/28	Sa	10:00am-10:30am	
162897	Olney SwC	11/2	Th	7:10pm-7:40pm	



Need goggles or noseplugs?
Our pools sell all your basic
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CLASSES

*Learn it...**Love it...**Live it...*

Winter Break Programs



Winter Ventures

Ages 5-12: Chase the boredom away with action-packed daily fun. Enjoy crafts, active games, and special themes during the week. Small group activities where children are divided by age and lots of counselor interaction make this the place to be for sparkling vacation time fun.

4 Sessions **\$120.00**
 165198 Bauer Drive C 12/26 Tu-F 8:00am-4:00pm

Winter Ventures Extended Day

Ages 5-12: Need a longer day? Children registered for Winter Ventures may also register for an extended day program and enjoy more supervised recreational activities.

4 Sessions **\$26.00**
 165200 Bauer Drive CC 12/26 Tu-F 4:00pm-6:00pm

Club Holiday

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information go to ctikids.com.

4 Sessions **\$85.00**

Instructor: CTI Kids-Coach Doug

163978	Potomac CC	12/26	Tu-F	9:30am-12:30pm
163980	Germantown CC	12/26	Tu-F	9:30am-12:30pm

4 Sessions **\$135.00**

163979	Potomac CC	12/26	Tu-F	9:30am- 3:30pm
163981	Germantown CC	12/26	Tu-F	9:30am- 3:30pm

Club Holiday Extended Day

Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to ctikids.com.

4 Sessions **\$26.00**

Instructor: CTI Kids-Coach Doug

163982	Potomac CC	12/26	Tu-F	7:30am- 9:30am
163984	Germantown CC	12/26	Tu-F	7:30am- 9:30am

4 Sessions **\$32.00**

163983	Potomac CC	12/26	Tu-F	3:30pm- 6:00pm
163985	Germantown CC	12/26	Tu-F	3:30pm- 6:00pm



Karate Clinics

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$25, payable to TKA.

4 Sessions **\$48.00**

Instructor: Company Staff: TKA, Inc.

164743	Bauer Drive CC	12/26	Tu-F	9:00am-11:30am
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Adult Ed
classes have moved
from the public schools
to Recreation! Look for the
apple icon to find these art,
cooking, health and music
classes in their new
Recreation home.

When Montgomery County Public Schools are closed due to school holidays, MCRD classes will not meet: 9/4, 9/12, 9/23, 10/2, 11/17, 11/23-26, 12/23-1/1. Please Note: Winter Break Programs do not follow this schedule.

Arts & Crafts for Youth & Families



All art classes are taught by professional artists. Read class descriptions for material information.

Youth Arts

Teens may also register for adult classes if age appropriate. Family programs welcome adults to join the fun.

Sunday Studio

Ages 4-6: Have fun and try something different! Explore pottery, painting, sculpture and other media. \$5 material fee due instructor at class. Child must be right age at start of class.

8 Sessions **\$65.00**
Instructor: Create Arts Center
161107 Create Arts Center 10/1 Su 10:00am-11:00am

Little Linguists

Ages 4-8: Learn Spanish through art! A fun, creative and enjoyable way to be exposed to a foreign language. Quickly pick up foreign language while having fun. Build vocabulary through creative art projects. Class also incorporates Spanish music, drama, and stories. No adult participation. \$5 material fee due instructor. Questions regarding the program? Contact Little Linguist Director Sandra Aresta at 301-654-4886 or Sandra.Aresta@verizon.net

9 Sessions **\$72.00**
Instructor: Sandra Aresta
161054 Norwood LP 9/18 M 4:30pm- 5:15pm
161056 Bauer Drive CC 9/19 Tu 4:00pm- 4:45pm
161059 Potomac CC 9/20 W 4:00pm- 4:45pm
161064 Leland CC 9/21 Th 4:00pm- 4:45pm
161065 Germantown CC 9/22 F 4:00pm- 4:45pm
161055 Longwood CC 9/25 M 4:00pm- 4:45pm

NEW Abrakadoodle's Castles and Dragons

Ages 6-12: Abrakadoodle introduces a new class based on the popular summer program. Make your own castle using shapes and forms, fabric, trims, puppets, and other creative art techniques. Create a family crest or shield from your own family history. Protect your castle with origami dragons you create, then get in action with a crown, helmet, tiara or jester's hat. \$30 material fee due instructor on first day.

4 Sessions **\$35.00**
Instructor: Abrakadoodle®
160071 Leland CC 9/25 M 4:00pm- 5:00pm
160073 Wheaton CC 9/30 Sa 1:00pm- 2:00pm
164395 Potomac CC 10/5 Th 6:00pm- 7:00pm
160072 Leland CC 10/14 Sa 12:00pm-1:00pm

Abrakadoodle's Master Doodlers

Ages 6-12: Learn about master artists and art techniques, then create your own masterpiece! Experiment with paints and pastels, and collage. Most pieces are framed and sent home ready for display. Learn beginning and advanced techniques while developing art appreciation. \$30 material fee due to instructor at first class.

4 Sessions **\$35.00**
Instructor: Abrakadoodle®
160066 Wheaton CC 10/7 Sa 2:00pm- 3:00pm
163164 Wheaton CC 11/4 Sa 1:00pm- 2:00pm



NEW Abrakadoodle's Puppet Show

Ages 6-12: Come along and learn how to make different kinds of puppets and a theatre for a show. Learn all about the techniques and materials used to create an original puppet show. \$30 material fee due instructor at first class.

4 Sessions **\$35.00**
Instructor: Abrakadoodle®
164443 Wheaton CC 11/4 Sa 2:00pm- 3:00pm
160102 Leland CC 11/6 M 4:00pm- 5:00pm

NEW The Art of Polymer Clay

Ages 8-99: You will be amazed at what can be done with this versatile medium. Adults are welcome to register too. Learn the basics in working with polymer clay. Techniques include conditioning, terms and how to bake it. Complete fun projects. \$35 material fee due instructor at first class.

3 Sessions **\$40.00**
Instructor: Abigail Dion
160156 Damascus CRC 11/30 Th 4:15pm- 5:30pm

Cartooning Workshop

Ages 8-14: Explore the many forms of cartoon drawing, caricatures and humorous cartoons, then apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor.

1 Session **\$30.00**
Instructor: B.J. Asher
163135 Wheaton CC 10/3 Tu 4:00pm- 6:00pm
161752 Wheaton CC 10/14 Sa 3:30pm- 5:30pm

Watercolor Studio for Kids

Ages 8-12: Still life, landscapes, abstracts, dinosaurs and more. Explore a variety of watercolor techniques to paint just about anything! Bring markers, pencil, eraser, drawing pad, brushes, watercolor paint. Additional supply list provided at first class. \$5 material fee due instructor at first class.

6 Sessions **\$65.00**
Instructor: B.J. Asher
161702 Wheaton CC 10/9 M 4:00pm- 5:30pm

Look for the Winter Guide
November 15th



Handbuilt Pottery for Everyone

Ages 8-99: Adults welcome to register too. Come have fun with clay. Learn how to make a coil pot to look like you threw it on the wheel. Discover other clay methods including some work on the wheel. No glazing. Self-hardening clay used. Extra charge for more clay. \$25 material fee due instructor at first class.

5 Sessions**\$75.00**

Instructor: Abigail Dion

160153 Damascus CRC

10/12 Th

4:15pm- 5:45pm

**Acrylic Painting Fun for Kids**

Ages 10-14: Draw and paint landscapes, flowers, animals and abstracts. Explore new techniques of acrylic painting working on your choice of subjects. Open to all levels. Supply list provided on first day. \$5 material fee due instructor at first class.

6 Sessions**\$65.00**

Instructor: B.J. Asher

161756 Wheaton CC

10/12 Th

4:00pm- 5:30pm

NEW VisArts Teen Cartooning

Ages 11-15: For beginners but all levels are welcome. From comic strips to Anime (Japanese animation) learn tricks to create original and dynamic comic book characters. Introduction to the art of cartooning with emphasis on the basic drawing principals such as color, perspective, composition, dialogue and figure-ground relationships. Story-telling techniques are used to create storyboards starring your own characters! Create flip books, comic strips and more! What superpowers does your character have? \$10 material fee is due instructor at first class.

8 Sessions**\$85.00**

Instructor: VisArts

160003 Ross Boddy CC

9/26 Tu

4:00pm- 5:30pm

NEW VisArts Teen Photography

Ages 11-15: Beginners, all levels are welcome. Experience the wonder and excitement of black and white photography. No camera needed but if you have one you are encouraged to bring it. Learn to use a 35mm camera, process film and discover the magic of black and white printing in the darkroom. Take your pictures, develop your film, print your own photographs and learn photographic techniques such as composition, cropping, and contrast. \$20 material fee is due instructor at first class.

8 Sessions**\$85.00**

Instructor: VisArts

160024 Ross Boddy CC

9/27 W

4:00pm- 5:30pm

NEW VisArts Teen Pottery

Ages 11-15: All levels welcome. Have fun and be creative in our pottery studio! Use hand-building techniques like pinch, coil and slab construction to create decorative tiles with pressed impressions, bowls, animal sculptures, character cups, personalized name plaques for bedroom doors, and much more. All work is glazed and then kiln fired and can be taken home at the end of the session. \$20 material fee due to instructor at first class.

8 Sessions**\$85.00**

Instructor: VisArts

160002 Ross Boddy CC

9/28 Th

4:00pm- 5:30pm

Family Arts

An adult must register and participate in all family programs.

Family Fun-Pottery with Abby

Ages 8-99: Adult must register and participate each class with children ages 8-15. Great family fun. Discover different ways of building clay by hand. Learn creative approaches to the wheel. Clay is self-hardening. \$30 material fee per person, extra fees charged for additional clay.

4 Sessions**\$60.00**

Instructor: Abigail Dion

160154 Damascus CRC

10/14 Sa

10:00am-11:30am

Family Pottery with CREATE

Ages 5-99: Adult participation and registration required with child. We address what interests both child and adult so they may work together or independently. Finished work will be fired in our kiln, then glazed and fired again. Finishes other than glaze will also be covered. Each person will finish many projects. End of class exhibit optional. \$40 material fee due instructor per family.

8 Sessions**\$85.00**

Instructor: Create Arts Center

161102 Create Arts Center

10/1 Su

5:30pm- 7:00pm

Family Textiles with CREATE

Ages 7-99: Adult participation & registration required. Awesome family fun! Join us to create stunning textile projects through simple sewing, beading and needlepoint. Use our small fabric remnants or you may purchase your own. Show your work at the end of class celebration. \$15 material fee due per person.

8 Sessions**\$85.00**

Instructor: Create Arts Center

161104 Create Arts Center

10/4 W

5:30pm- 7:00pm

Family Multi-Media Sculptures with CREATE

Ages 7-99: Adult participation and registration required. By working together or alone families create half life size (or smaller) people and creatures out of large and small tubes, wire and other recyclable items. Paint them, clothe them and show them off at end of class exhibition and celebration! \$10 material fee per person due at class.

8 Sessions**\$85.00**

Instructor: Create Arts Center

161105 Create Arts Center

10/6 F

5:30pm- 7:00pm

**Just moved to Montgomery County?**

We have programs, classes, clinics and activities for all ages. Browse through the Guide . . . see what we have to offer!

Want to learn more? Please call our Customer Service desk at 240 777-6840.

Arts & Crafts for Adults

All art classes are taught by professional artists. Please read class descriptions for material information. Knitting, Oriental Rugs, Chair Caning, and Gemology are offered under Xciting Xtras. Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes under Youth Art.

Fine Art



NEW Drawing or Painting-Your Choice

Ages 18-99: Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by instructor's demonstrations of color mixing and general use of materials. Materials discussed at the first class.

10 Sessions	\$145.00
Instructor: Doris Haskel	
160652 Norwood LP	9/25 M 12:00pm- 2:00pm
160653 Norwood LP	9/26 Tu 9:30am-11:30am
160654 Norwood LP	9/26 Tu 12:00pm- 2:00pm
160655 Norwood LP	9/27 W 12:00pm- 2:00pm

NEW Drawing Fun

Ages 15-99: Beginning and Intermediate class for anyone who wants to draw well or improve their skills. No pressure, lots of fun, and individualized instruction including demonstrations, focused exercises and free experimentation. Supplies discussed at first class.

8 Sessions	\$115.00
Instructor: Pyper Dixon	
160759 Wheaton CC	9/30 Sa 10:00am-12:00pm

Drawing on the Right Side of Brain

Ages 12-99: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), erasers or \$20 for materials fee due instructor. \$5 hand out fee.

6 Sessions	\$66.00
Instructor: Yolanda Prinsloo	
159077 Potomac CC	9/18 M 6:30pm- 8:00pm



Draw and Paint with Penny Kritt

Ages 18-99: All levels, watercolor and acrylics. Learn basic painting and drawing skills in a working art studio. Explore both skills and how they work together to make great art. Work at your own pace. All materials provided. \$40 material fee due to instructor at first class.

6 Sessions	\$100.00
Instructor: Penny Kritt	
160205 Kritt Studio	9/25 M 10:00am-12:00pm
160206 Kritt Studio	9/26 Tu 7:00pm- 9:00pm
5 Sessions	\$83.00
Instructor: Penny Kritt	
160207 Kritt Studio	11/13 M 10:00am-12:00pm

Draw and Paint II with CREATE

Ages 11-99: Intermediate: This portfolio building class is for anyone who is preparing an application to an art program, or those who wish to hone their drawing and painting skills. Bring bag lunch. \$5 material fee due instructor.

8 Sessions	\$115.00
Instructor: Create Arts Center	
161106 Create Arts Center	10/1 Su 11:30am- 1:30pm



NEW Studio Critique with Kritt

Ages 18-99: Watercolor and Acrylics: Open studio lets you work at your own level with help as needed. Small class size gives lots of instruction to new painters and critiques to advanced artists. Ideal if you want to start entering art shows. Bring your own supplies. \$5 handout fee due instructor at first class.

6 Sessions	\$100.00
Instructor: Penny Kritt	
160208 Kritt Studio	9/26 Tu 10:00am-12:00pm
5 Sessions	\$83.00
Instructor: Penny Kritt	
160209 Kritt Studio	11/14 Tu 10:00am-12:00pm



NEW Oil or Acrylic Painting- Your Choice

Ages 18-99: Beginners: Learn how to prepare the palette, start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. Materials discussed at first class.

10 Sessions \$145.00

Instructor: Doris Haskel

160656	Norwood LP	9/25	M	9:30am-11:30am
160657	Concord Center	9/28	Th	9:30am-11:30am

Acrylic Painting Techniques

Ages 15-99: All ability levels -Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. This professional approach uses particular brushes and paints to get the desired look. Please bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list.

8 Sessions \$115.00

Instructor: Margaret Deskin

160203	Damascus CRC	10/10	Tu	6:45pm- 8:45pm
160202	Longwood CC	10/11	W	6:30pm- 8:30pm

NEW Painting Unlimited

Ages 16-99: All levels. Review the basics in design composition, subject matter, and the various painting media available. Demonstrations will be given to help you visualize the various techniques and combinations of the various media. A basic painting kit for your media of choice needed at the beginning of class.

12 Sessions \$170.00

Instructor: Tom Kozar

160204	Germantown CC	9/19	Tu	7:30pm- 9:30pm
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NEW Chinese Watercolors

Ages 18-99: All levels. A local Chinese artist teaches the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. No text. \$28 material fee due to instructor at first class.

10 Sessions \$145.00

Instructor: Helen Sze McCarthy

159052	Blair, Montgomery HS	9/20	W	7:30pm- 9:30pm
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NEW Chinese Landscapes

Ages 18-99: Learn the basics of shan-shui (mountain water) including the use of black ink to produce the five tones as well as clouds, mist, waterfall and other landscape features. No text. Brushes, ink, rice paper, and other supplies can be purchased from the instructor at first class for \$28. No class on 12/1/06.

10 Sessions \$145.00

Instructor: Helen Sze McCarthy

159053	Bauer Drive CC	9/22	F	10:00am-12:00pm
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NEW Watercolor Experience

Ages 18-99: Learn to paint, or paint better in watercolor with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on mutual development through actual practice, and group discussion, under teacher's guidance. Supply list will be discussed in the first class. No class on 10/2.

10 Sessions \$180.00

Instructor: Firouzeh Sadeghi

161757	Concord Center	9/18	M	9:30am-12:00pm
161759	Tilden MS	9/19	Tu	7:00pm- 9:30pm

Oil Painting

Ages 12-99: Beginning/Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call instructor at 240-777-6870 for material list. Bring paper towels.

10 Sessions \$145.00

Instructor: Yolanda Prinsloo

159075	Potomac CC	9/17	Su	6:00pm- 8:00pm
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NEW Printmaking without a Press

Ages 16-99: Create fine art, greeting cards, and posters using printmaking techniques and water-based inks. Learn monotypes, collagraphs, and block printing. Final class will include demonstration of the digital camera and Macintosh iPhoto technique. \$35 material fee due instructor on first day.

10 Sessions \$210.00

Instructor: Alice Sorkowitz

160053	Bauer Drive CC	9/27	W	6:30pm-10:00pm
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NEW Collage- Mixed Media

Ages 16-99: Collage is a unique art form that offers an intriguing method of exploring our subconscious imagery and a satisfying and fun way to express ourselves with creative art. Hands on paste-layering techniques allows us to juxtapose images, fabric, vintage photographs, and any combination of visual materials. Create a personal history collage and treasure box. Also makes a thoughtful gift. \$30 material fee due instructor at first class.

8 Sessions \$115.00

Instructor: Shara Banisadr

160352	Johnson, Walter HS	9/26	Tu	7:00pm- 9:00pm
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NEW Stone Sculpture

Ages 18-99: Basic Instruction in the use of stone tools and types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and goggles/glasses to first glass for hands on experience.

10 Sessions \$145.00

Instructor: Ann Ruppert

162052	Concord Center	10/4	W	7:00pm- 9:00pm
162053	Concord Center	10/5	Th	7:00pm- 9:00pm



Photography



Basic Photography

Ages 13-99: This course is intended for those who want to learn basic photographic skills. Assignments, learn how cameras both digital and film work and how to use different lenses and other equipment. Emphasis is on learning basic photographic techniques and using them creatively. Portrait lighting and use of flash is covered. A field trip on the Saturday follows the third class. Pictures taken will be shown and discussed in class.

6 Sessions **\$90.00**
Instructor: George DeBuchananne
159204 Bauer Drive CC 10/2 M 7:00pm-10:00pm

From Capture to Print-Soup to Nuts

Ages 18-99: Intermediate: Basic understanding of digital photography required. Understand, setup and operate your own digital photography system. Do you want to learn how to reduce your photographic processing fees? Wouldn't it be great to be able to take a photograph with a digital camera or scan in a slide or negative and print out professional-quality print? Learn about color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. Bring a notepad.

1 Session **\$42.00**
Instructor: Mark Sincevich
160528 Leland CC 12/5 Tu 6:00pm- 8:45pm

How to Take Better Digital Photos

Ages 18-99: Intermediate: Learn how to increase the quality of your photos. You could spend hours and days reading the digital camera manual OR you could come to class to get an accelerated start. Explore basic photography skills as they relate to your camera, accessories you will need but didn't think to purchase, and what you have to do to take better quality photographs. Leave the class with great information that you can use immediately and with increased confidence in the digital photography world. Bring a notepad.

1 Session **\$32.00**
Instructor: Mark Sincevich
160353 Leland CC 10/10 Tu 6:00pm- 8:00pm

Digital Photography Now (Advanced)

Ages 18-99: Intermediate/Advanced. Previous digital class experience preferred. In this in-depth intermediate seminar, learn how to understand the digital photographic environment including: color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. This workshop is appropriate for those interested in going totally digital or partially digital. Leave this seminar more informed about digital cameras, scanners, computer software, color photo printers and specialized paper than ever before. Note: This takes the principles of the seminar, 'From Capture to Print' and expands

upon them for greater understanding and application. Bring a notepad and bag lunch.

1 Session **\$75.00**
Instructor: Mark Sincevich
160525 Leland CC 11/4 Sa 10:30am- 3:00pm

NEW Advanced Digital Photography

Ages 18-99: Join us for an exploration of the art form of photography. On Saturdays meet on location (TBD) to practice newly learned out to the box techniques. Use your camera in ways you never have before. Meet in class on Thursdays evenings and again on location on Saturday mornings. This hands on interactive class is for those who understand the basic rules of composition and have some understanding of the manual settings on the camera. Bring a SLR camera. This course is for both digital and film photographers. Processing and printing will be done by students outside of class.

16 Sessions **\$225.00**
Instructor: Russel Willard
162360 Johnson, Walter HS 10/12 Th 6:30pm-8:30pm
Field Trip 10/14 Sa 9:00am-12:00pm

Pottery

See *Youth Arts*, pages 30 and 31 for youth and family pottery programs.



Handcrafted Pottery 1

Ages 16-99: All levels. Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee includes 25 pounds of clay and firing, fee due instructor.

10 Sessions **\$175.00**
Instructor: Pamela Reid
159069 Wheaton CC 9/25 M 10:00am-12:30pm
159070 Wheaton CC 9/27 W 10:00am-12:30pm
159071 East County CC 9/27 W 6:30pm- 9:00pm

NEW Pottery at Sligo Creek

Ages 16-99: All levels and experience. Handbuilding, decorating, and glazing techniques using mid-range stoneware (cone 6). Fully equipped studio and access to a potter's wheel. \$25 material fee for fall class due to instructor at class.

12 Sessions **\$260.00**
Instructor: Angela Schreiber
160252 Sligo Creek ES 9/19 Tu 7:00pm-10:00pm
160258 Sligo Creek ES 9/21 Th 9:30am-12:30pm
160259 Sligo Creek ES 9/21 Th 7:00pm-10:00pm
Instructor: Jo Powell
160253 Sligo Creek ES 9/19 Tu 9:30am-12:30pm
160257 Sligo Creek ES 9/20 W 9:30am-12:30pm

Pottery at Leland

Ages 12-99: All levels. Pottery for everyone includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

10 Sessions**\$140.00**

Instructor: Yolanda Prinsloo

159076 Leland CC 9/14 Th 7:00pm- 9:00pm

**Stained Glass****Stained Glass-Leaded**

Ages 18-99: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee due to instructor at class. Bring a bag lunch for Saturday class.

2 Sessions**\$88.00**

Instructor: Fran Asbeck

160057 Ross Boddy CC 10/14 Sa 9:30am- 4:00pm

5 Sessions**\$88.00**

Instructor: Fran Asbeck

160056 Ross Boddy CC 10/10 Tu 7:00pm- 9:30pm

Handcrafted Pottery 2 Int/Adv

Ages 16-99: Advanced/Intermediate. Experience with clay, wheelworking or handbuilding required. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$34 material fee includes firing fees due instructor first day. Bring clay tools and old towel.

9 Sessions**\$180.00**

Instructor: Valerie Haber

159073 Germantown CC 9/27 W 6:00pm- 9:00pm

10 Sessions**\$140.00**

Instructor: Pamela Reid

159072 Wheaton CC 9/28 Th 7:00pm- 9:00pm

Ages 18-99: \$25 material fee due to instructor.

12 sessions**\$260.00**

Instructor: Meg Dickerson

165161 Sligo Creek ES 9/18 M 7:00pm-10:00pm

**Stained Glass-Copper Foil**

Ages 18-99: Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor. Bring bag lunch to Saturday class.

2 Sessions**\$88.00**

Instructor: Fran Asbeck

160055 Ross Boddy CC 12/2 Sa 9:30am- 4:00pm

5 Sessions**\$88.00**

Instructor: Fran Asbeck

160054 Ross Boddy CC 11/21 Tu 7:00pm- 9:30pm

NEW VisArts Fused Glass Workshop

Ages 15-99: Create a beautiful fused glass pendant and pin just like the professionals! No experience is needed but more advanced students are also encouraged to come and join in the fun! Trained instructor helps you explore creativity and offers individualized instruction and demonstrations. All glass and tools are brought in by the teacher and fired pieces can be picked up 10 days after class date. Use dichroic glass, stringers and frit to create amazing works of art that you can wear. \$10 material and firing fee is due to instructor at class.

1 Session**\$30.00**

Instructor: VisArts

160903 Ross Boddy CC 11/9 Th 7:00pm- 9:00pm

NEW Pottery Open Studio

Ages 18-99: Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Material fee due to instructor is based on production.

10 Sessions**\$180.00**

Instructor: Pamela Reid

162079 Ross Boddy CC 9/26 Tu 6:30pm- 9:30pm

162080 Ross Boddy CC 9/26 Tu 10:00am- 2:00pm

162081 Ross Boddy CC 9/28 Th 10:00am- 2:00pm

12 Sessions**\$216.00**

Instructor: Meg Dickerson

160302 Sligo Creek ES 9/20 W 7:00pm-10:00pm

Fast, easy online registration with RecWeb at
montgomerycountymd.gov/rec

Crafts

Floral Design

Ages 18-99: Discover how to design various arrangements. You will be amazed at the results. \$13 material fee due to instructor at EACH class to cover the costs of the flowers.

6 Sessions **\$75.00**

Instructor: Sharon Jeremiah
159074 Leland CC 9/27 W 7:00pm- 9:00pm

Furniture Painting

Ages 16-99: Bring your favorite chair, stool or piece of furniture (size constraint-it must fit in a compact car) and learn the art of painting to match your favorite fabric or be creative with your own design. \$25 material fee due to instructor at the first class.

3 Sessions **\$55.00**

Instructor: Abigail Dion
160155 Longwood CC 11/14 Tu 6:00pm- 7:30pm



Jewelry Basics

Ages 12-99: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make one of a kind designs. Bring small needle nosed pliers and wire cutters if you have them. \$16 material fee due instructor.

1 Session **\$30.00**

Instructor: Donna Weeks
160764 Damascus CRC 9/16 Sa 11:00am- 1:00pm
160767 Bauer Drive CC 9/27 W 7:00pm- 9:00pm

NEW Teardrop Bracelet

Ages 13-99: Learn to do a simple beading technique as we use over 150 tiny teardrop beads to make this unique bracelet. Learn to work with Beadalon wire, crimp beads and all the required tools while weaving teardrop beads into a simple pattern. \$12 material fee due to instructor.

1 Session **\$40.00**

Instructor: Donna Weeks
160768 Bauer Drive CC 9/20 W 6:30pm- 9:30pm

NEW Fresh Herb Wreath

Ages 13-99: Picked fresh from the farm, the herbs are waiting for you! Begin with a Spanish moss base and add lots of mountain mint, rosemary, lavender, comfrey, thyme, dried flowers and more for a finishing touch. Terrific for gift giving, or keep for yourself. \$10 material fee due instructor.

1 Session **\$30.00**

Instructor: Donna Weeks
160904 Damascus CRC 9/28 Th 6:30pm- 8:30pm

NEW Necklace with a Twist

Ages 13-99: Looking for an unusual necklace that you won't see everyone else wearing? (Well, only the other students in the class.) Learn the basic skills necessary to make a necklace using Beadalon, crimps and glass beads. Finish the necklace by learning basic

wire wrapping techniques to create an interesting focal bead for your creation. A beginner's necklace, but nimble fingers will come in handy. \$6 material fee due instructor at first class.

1 Session **\$35.00**

Instructor: Donna Weeks
160772 Bauer Drive CC 10/4 W 6:30pm- 9:00pm

NEW Natural Remedies for Women

Ages 18-99: Join Master Herbalist, Donna Weeks, and find out how to use herbs, supplements, vitamins and more to create a healthier you. If you can't take hormone replacement therapy (or don't want to) come learn how to control those problems associated with that 'special' time of our lives. We'll discuss everything from acne to menopause, so bring your questions as well. Sample and create some of Donna's special tea blends while discussing the latest scientifically proven alternative ways to wellness. \$5 material fee due instructor.

1 Session **\$30.00**

Instructor: Donna Weeks
160859 Damascus CRC 10/5 Th 6:30pm- 8:30pm

NEW Advanced Wire Work

Ages 13-99: If you have experience working with wire or have taken Donna's basic Wire Jewelry class, this is the next level class for you. Work with wire to make a cuff bracelet and earrings. Add glass and spacer beads to complete the project. An elegant, unusual piece to add to your jewelry collection. \$15 material fee due instructor.

2 Sessions **\$40.00**

Instructor: Donna Weeks
160862 Bauer Drive CC 10/11 W 7:00pm- 9:00pm

NEW Lamp Work Bead Bracelet

Ages 13-99: Beginner. Love the look of those hand-made lamp work beads? Then make a bracelet to showcase these special beads. Learn the basics for making a bracelet using Beadalon, crimp beads and the necessary tools. Once it is completed, wrap it in wire for a finishing touch. Easy to do, yet unique and eye catching. \$10 material fee due instructor.

1 Session **\$40.00**

Instructor: Donna Weeks
160866 Bauer Drive CC 10/25 W 6:30pm- 9:30pm

Multi Strand Illusion Necklace

Ages 13-99: You've seen illusion necklaces before, but this one is really quite different. If you can tie a knot, you'll be a smashing success making this necklace! It's made with dozens of beads on multiple strands of 'invisible' string, and then braided together with a clasp for a finishing touch. A unique way to bead, and you'll love the results. \$10 material fee due instructor.

1 Session **\$40.00**

Instructor: Donna Weeks
160864 Bauer Drive CC 11/1 W 6:30pm- 9:30pm

NEW Jewelry's Finishing Touches

Ages 13-99: Fun, informative and techniques will save you time and money. Can't find the perfect clasp for that necklace you just made? Or maybe you need copper jump rings, but can't find the correct size. This is the class you've been looking for if you like to make your own jewelry from start to finish. We'll cover the basic techniques needed to make clasps of various types, eye and head pins, jump rings and more. This class is recommended for those who have previous experience making jewelry and working with wire. \$10 material fee due instructor.

2 Sessions **\$40.00**

Instructor: Donna Weeks
160868 Bauer Drive CC 11/8 W 7:00pm- 9:00pm



Hand crafted jewelry makes the perfect holiday gift.

NEW Crocheted Wire, Beads, Fiber Necklace

Ages 13-99: This necklace is just perfect for the Fall and Winter seasons. With all those wonderful yarns to choose from, why use them just for scarves and sweaters? We'll learn to combine simple crochet techniques to blend beads, wire and fiber to create this incredible necklace. If you can do a simple chain stitch, you can master this project as well. \$10 material fee due instructor.

2 Sessions \$40.00
Instructor: Donna Weeks
160869 Damascus CRC 11/9 Th 7:00pm- 9:00pm

**Bath and Beauty Products**

Ages 12-99: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due instructor.

1 Session \$30.00
Instructor: Donna Weeks
160870 Bauer Drive CC 11/29 W 7:00pm- 9:00pm

NEW Holiday Gifts

Ages 13-99: Everyone appreciates a gift from the heart, so join in and learn to make some simple, elegant and fun projects. Use etching cream and stencils to permanently etch two wine glasses for a special someone. Make your own mulling spices to give with the glasses for hot mulled wine. And how about Cappuccino or Hot Chocolate Cones? Filled with all the ingredients necessary for making a favorite drink, these are perfect for stocking stuffers or office gifts. All are easy to do, make perfect last minute gifts and will showcase your creative abilities. \$10 material fee due instructor.

1 Session \$35.00
Instructor: Donna Weeks
160872 Damascus CRC 12/7 Th 6:30pm- 9:00pm
160873 Longwood CC 12/13 W 6:30pm- 9:00pm

NEW Stamp-a-stack Holiday Cards

Ages 14-99: Spend a day in stamp camp learning rubber stamping and paper crafting basics including techniques, tools, materials and papers that will speed you on your way to creating cards for the holiday season. During the morning focus on learning techniques and working on projects, and in the afternoon focus on making a stack of about ten cards to use for the holidays. Take home ideas to use immediately. \$30 material fee due to instructor in class.

1 Session \$75.00
Instructor: Carol Lavrich
162356 Bauer Drive CC 11/11 Sa 9:30am- 4:00pm

NEW Rubber Stamping

Ages 14-99: Beginner/Intermediate. Learn rubber stamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional cards and invitations, scrapbooks with elegant layouts for your photos, gifts, packaging, and more. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, embossing, and various techniques for an elegant look. The contents vary so that students with rubber stamping and scrap booking experience will also be challenged and learn new ideas. Complete one or more projects per class. \$35 material fee due to instructor at class.

10 Sessions \$140.00
Instructor: Carol Lavrich
162352 Johnson, Walter HS 9/21 Th 7:00pm- 9:00pm

NEW Introduction to Scrapbooking

Ages 16-99: Learn the skills associated with scrap booking as well as get the 'insiders' look into America's hottest hobby. This structured class introduces a new skill each class meeting with a follow-up activity in the form of designing a scrapbook page. Design 8 scrap booking pages and begin 2 projects. Your confidence will increase and you will be provided with one-on-one guidance as needed. A materials and photo list will be provided each class.

10 Sessions \$140.00
Instructor: Heidi Willard
162364 Johnson, Walter HS 9/27 W 6:30pm- 8:30pm



Record your favorite memories--our scrapbooking class gets you started.

NEW Advanced Scrapbooking

Ages 18-99: Intermediate/Advanced. Perfect class for people with basic skills and design concepts of scrapbooking and want to challenge their skills. Introduction to a new technique each class meeting with a follow-up activity in the form of designing a scrapbook page. Use and share a variety of new scrapbooking tools that will enhance the design. Design 8 scrapbooking pages and begin 2 projects. All of these projects assume certain skills and for the convenience of all persons taking an advanced level class, these basic skills will not be taught. Suggested photo list provided each class and participants are responsible for having their own scrapbooking materials.

10 Sessions \$140.00
Instructor: Heidi Willard
162386 Johnson, Walter HS 10/3 Tu 6:30pm- 8:30pm

Find a mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time.

All About Dance!

Ages 3-5: Discover a fun way to introduce dance to your young child. Class emphasizes rhythm and coordination. Wear comfortable clothes. This is not a parent child class; Parents wait outside the room.

8 Sessions \$66.00

Instructor: Denise Schattenberg
161703 Upper County CC 9/25 M 1:00pm- 1:45pm
161704 Longwood CC 9/28 Th 1:00pm- 1:45pm

Creative Movement

Ages 3-6: This fun class introduces movement, exploration, and vocabulary. Students may wear any type of comfortable clothing. Students are guided through movement at a beginner level and explores basic locomotive skills such as turns, jumps, leaps, bends, and stretches. Students will dance to stories, move like animals, and play movement games.

8 Sessions \$66.00

Instructor: CityDance Inc
160871 Barnsley, Lucy ES 9/30 Sa 9:00am-10:00am

Kids Dance

Ages 3-6: You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefooted or bring ballet slippers. For class information contact Ms. Aresta 301-654-4886 or Sandra.Aresta@verizon.net No class 10/7 and 11/25.

9 Sessions \$75.00

Instructor: Sandra Aresta
162693 Gilchrist Center 9/21 Th 2:00pm- 2:45pm
164549 Gilchrist Center 9/21 Th 11:45am-12:30pm
161353 Longwood CC 9/25 M 2:00pm- 2:45pm
161355 North Chevy Chase LP 9/27 W 11:45am-12:30pm
162695 Leland CC 9/27 W 3:30pm- 4:15pm
162696 Leland CC 9/30 Sa 10:00am-10:45am



Kidz Dancing

Ages 3-4: Children will love this fun introduction to dance. Children will explore dance, rhythm and coordination by using fun props such as wands, scarves, and wings. \$5 material fee due to instructor at first class.

10 Sessions \$83.00

Instructor: Grace Oleson
164351 Potomac CC 9/26 Tu 3:30pm- 4:15pm
164352 Germantown CC 9/27 W 10:00am-10:45am



Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be potty trained. Leotards, tights and well fitted leather ballet slippers, in the colors of your choice, are the dress requirements for class.

10 Sessions \$83.00

Instructor: Miss Betsy
160563 Long Branch CC 10/7 Sa 9:15am-10:00am
160564 Long Branch CC 10/7 Sa 10:15am-11:00am
Instructor: Miss Krissi
160565 Fairland CC 10/7 Sa 10:15am-11:00am

PreBallet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted leather ballet slippers, in the colors of your choice, are the dress requirements for class.

10 Sessions \$83.00

Instructor: Miss Betsy
160566 Fairland CC 10/7 Sa 11:15am-12:00pm
Instructor: Miss Krissi
160567 Long Branch CC 10/7 Sa 11:15am-12:00pm



Tap & Ballet

Ages 4-7: Beginner. A combination class introducing tap and ballet, emphasizing basic exercises, combinations, and creativity. Dancers should have tap and ballet shoes for first class. Question contact Ms. Aresta at 301-654-4886 or Sandra.Aresta@verizon.net No class 10/7 and 11/25.

9 Sessions \$75.00

Instructor: Sandra Aresta
162697 Leland CC 9/20 W 4:15pm- 5:00pm
162698 Leland CC 9/30 Sa 11:00am-11:45am

Tap, Ballet & Jazz with Parents

Ages 4&Up: Beginners. Join the fun! Parent and child receive instruction together. The fee is per person. A parent must register.

10 Sessions \$83.00

Instructor: Rowena DeLuca
160507 North Four Corners LP 9/16 Sa 1:00pm-1:45pm

Tap, Ballet & Jazz

Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions call Rowena DeLuca at 301-593-0618 or e-mail ladyrowena@aol.com

10 Sessions \$83.00

Instructor: Rowena DeLuca
Ages 4-6:
160508 Longwood CC 9/14 Th 4:00pm- 4:45pm
160510 North Four Corners LP 9/16 Sa 9:00am- 9:45am
160509 Longwood CC 9/14 Th 5:00pm- 5:45pm

Ages 7-14:
160511 North Four Corners LP 9/16 Sa 10:00am-10:45am

Tap, Ballet & Jazz

Ages 6-14: Intermediate: A continuing class for those who have taken the beginning level. Before registering contact instructor 301-593-0618 about clarification of placement.

10 Sessions \$83.00

Instructor: Rowena DeLuca

160514 North Four Corners LP 9/16 Sa 11:00am-11:45am

★NEW★ Pre-Ballet by CityDance

Grades K-2: Students will enjoy exploring the fundamental concepts of ballet. Class includes the five basic ballet positions, how to point and flex their feet, and locomotion movements associated with ballet technique. Jumping, turning, and galloping will be included. Students will need ballet slippers, leotards and tights.

8 Sessions \$66.00

Instructor: CityDance Inc

161152 Barnsley, Lucy ES 9/30 Sa 10:00am-11:00am

161153 Upper County CC 9/30 Sa 9:00am-10:00am

Ballet

Ages 4-7: Introduction to the basics movements of ballet and its terminology. \$5 material fee payable to instructor at first class.

10 Sessions \$83.00

Instructor: Grace Oleson

161356 Potomac CC 9/26 Tu 4:30pm- 5:15pm

161357 Germantown CC 10/4 W 11:00am-11:45am

Youth Ballet

Grades 2-5: Beginner. The beginning ballet class is a fun-filled environment that introduces ballet techniques. Students will need ballet slippers, leotards and tights. The goal of this class is to give the students a fun-filled learning environment to explore the art of ballet.

8 Sessions \$66.00

Instructor: CityDance Inc

161154 Barnsley, Lucy ES 9/30 Sa 11:00am-12:00pm

161155 Upper County CC 9/30 Sa 10:00am-11:00am

**★NEW★ Comprehensive Classical Ballet**

Uniform for all classical ballet (except Advanced): Black short-sleeved leotard, pink ballet slippers and tights, pink dance belt.

Ages 5-6 Beginner: An introduction of the basic elements of classical ballet training through instruction in ballet, posture, basic classical movements and creative expression.

8 Sessions \$66.00

Instructor: Kim Bell

161902 Bethesda-Ch Chase HS 9/30 Sa 10:00am-10:45am

Ages 7-8 Beginner: Students learn technical ballet skills that aid in the development of correct ballet posture, body alignment, turn out, leg and arm coordination. Ballet terminology is introduced.

8 Sessions \$66.00

Instructor: Kim Bell

161903 Bethesda-Ch Chase HS 9/30 Sa 11:00am-12:00pm

Ages 9-11: Beginner II. An introduction to full ballet barre exercises along with center practice which helps develop skills necessary for petit allegros and short adagio combinations. Leaps and chaines are incorporated into this class.

16 Sessions \$165.00

Instructor: Kim Bell

161904 Bethesda-Ch Chase HS 9/27 W 4:15pm- 5:30pm

Bethesda-Ch Chase HS 9/30 Sa 12:15pm- 1:00pm

Ages 11-13 Intermediate I: Concentration of training is in ballet terminology, timing and the coordination of the whole body full ballet barre, center practice and grand allegro.

16 Sessions \$198.00

Instructor: Kim Bell

161905 Bethesda-Ch Chase HS 9/27 W 5:45pm- 7:15pm

Bethesda-Ch Chase HS 9/29 F 4:15pm- 5:45pm

Ages 13-15 Intermediate II: Students progress through the enhancement of flexibility, muscle control, musical timing and preparation for pointe training. The ability to choose combinations through ballet terminology, lengthy combinations and character dancing are stressed and areas of difficulty are addressed. Pointe training in ballet slippers only.

16 Sessions \$198.00

Instructor: Kim Bell

161906 Bethesda-Ch Chase HS 9/28 Th, Tu 4:15pm- 5:45pm

Ages 15-18 Advanced: Constant repetition and strength training are offered in this technique class. Students polish and refine of their technique through intense barre exercises, challenging combinations and character ballet dancing. Music, pointe training and performance are integrated into this level. Permission of instructor is required for enrollment. Navy blue short sleeve leotard, pink tights, ballet slippers, dance belt and pointe shoes. Do not purchase pointe shoes until after the first class.

16 Sessions \$198.00

Instructor: Kim Bell

161907 Bethesda-Ch Chase HS 9/26 Tu, Th 6:00pm- 7:30pm

Hip Hop & Break Dancing**★NEW★ Break Dancing by CityDance**

Ages 12-15: An energetic class that introduces the basic moves of break dancing. A perfect class for those who want to stop watching and start dancing.

8 Sessions \$66.00

Instructor: CityDance Inc

161157 Upper County CC 9/30 Sa 11:00am-12:00pm

Hip Hop/Street Jazz

Ages 7-14: Uses contemporary up tempo hip hop music coupled with rhythmic sequences to exercise body control, movement, flexibility, and rhythm. Learn the latest dance moves and choreographed routines along with performance skills. Instruction in strengthening, choreography, eight count dance sequences, popping and locking, freestyling, leaps, jumps, kicks, and body control. Performance for family and friends on the last day of class.

10 Sessions \$83

Instructor: Day Dream Dance

165343 Plum Gar CC 9/29 F 5:00pm-6:00pm

★NEW★ Hip Hop by CityDance

Ages 12-15: This exciting street-style choreography will incorporate different elements of hip-hop dance. There will be warm-up, stretching, and basic skills incorporating different hip-hop elements.

8 Sessions \$66.00

Instructor: CityDance Inc

161156 Barnsley, Lucy ES 9/30 Sa 12:00pm- 1:00pm



Learn the latest dances in our Hip Hop classes.

Dance for Adults

For Dance classes designated for "Couples," registration and fees are for two participants. For all other dance classes registration and fees are per person. For further information, contact the instructor directly.

Tap & Jazz

For further information, please call 301-593-0618 or email ladyrowena@aol.com.

Tap & Jazz

Beginner: Instruction into Tap and Jazz for people over the age of 16.

10 Sessions **\$83.00**

Instructor: Rowena DeLuca

160506 North Four Corners LP 9/16 Sa 12:00pm-12:45pm

Tap Dance

Beginner: An introduction to the basics of tap and its terminology.

10 Sessions **\$83.00**

Instructor: Rowena DeLuca

160516 Capital View-Hmwd LP 9/13 W 6:00pm- 6:45pm

160517 Fairland CC 9/15 F 12:00am-12:45am

Intermediate: A continuation for anyone who has had the beginner class.

10 Sessions **\$83.00**

Instructor: Rowena DeLuca

160523 Capital View-Hmwd LP 9/13 W 7:00pm- 7:45pm

160524 Fairland CC 9/15 F 11:00am-11:45am

Advanced:

10 Sessions **\$83.00**

Instructor: Rowena DeLuca

160518 Capital View-Hmwd LP 9/13 W 8:00pm- 8:45pm

160519 Fairland CC 9/15 F 10:00pm-10:45pm

Jazz Dance by CityDance

Beginner: An introduction to jazz dance and its terminology.

8 Sessions **\$66.00**

Instructor: CityDance Inc

161161 Barnsley, Lucy ES 9/30 Sa 10:00am-11:00am

Modern Dance



NEW Dance in the Style of Isadora Duncan

Ages 16&Up: Students will be introduced to basic concepts of modern dance, the use of the body to explore expression through movement, particularly concepts of gravity, contraction and release, and

breath. Students will learn a warm-up that emphasizes stretching and strengthening. Each class will be a combination of seated, standing, and across the floor movement sections as well as opportunity to work on simple dance phrases. Students should wear comfortable clothing and be prepared to dance without shoes.

8 Sessions **\$99.00**

Instructor: Cynthia Word

158852 Leland CC 9/26 Tu 7:00pm- 8:30pm

NEW Modern Dance by CityDance

Ages 16&Up: This program introduces the basics of modern dance. Be prepared to dance barefoot.

8 Sessions **\$66.00**

Instructor: CityDance Inc

161158 Barnsley, Lucy ES 9/30 Sa 9:00am-10:00am

Ballroom

Instructors: Paul Mola, 301-315-6226

Tony Seleme, 202-537-6739

Thomas Woll, 703-591-3839

Herb Fredricksen, 301-869-3987

Rebecca McKinney, 202-669-7723

Joe Kim, 301-774-3126

NEW Dance Ballroom Dance for Teens

Ages 11-17: From Waltz to Tango and Swing to Salsa everything old is new again. Ballroom or couple dancing is always fun especially for the young and restless among us. Get ready for college and the world beyond with lessons by Smithsonian Dancemaster Herb Fredricksen.

8 Sessions **\$52.00**

Instructor: Herb Fredricksen

162354 Shady Grove MS 9/25 M 7:00pm- 8:00pm



Ballroom I (Couples)

Ages 18&Up for Couples Beginner: Covers standard ballroom dance favorites.

8 Sessions **\$103.00**

Instructor: Thomas Woll/Wagaman

159605 Upper County CC 9/27 W 6:30pm- 7:30pm

10 Sessions **\$129.00**

Instructor: Tony Seleme

159602 Bauer Drive CC 9/25 M 7:00pm- 8:00pm

Instructor: Joe Kim

159609 Olney ES 10/6 F 7:30pm- 8:30pm

Instructor: Paul Mola

159608 Sequoyah ES 9/26 Tu 8:30pm- 9:30pm

159604 Leland CC 9/28 Th 7:30pm- 8:30pm

Instructor: Tony Seleme

159607 Argyle LP 9/28 Th 7:00pm- 8:00pm

Instructor: Rebecca McKinney

159606 Bethesda ES 9/25 M 7:00pm- 8:00pm

Instructor: Thomas Woll, Ann Basso

159603 Glenmont LP 9/28 Th 7:00pm- 8:00pm

*Explore your
inner Astaire
... sign up
for a tap
dance class
today.*

Ballroom I (Singles & Couples)**Ages 18&Up Beginner:** Students change partners frequently. Class fee for single registrant.**8 Sessions \$52.00**

Instructor: Thomas Woll, Dunn

161705 North Four Corners LP 9/25 M 7:00pm- 8:00pm

Instructor: Herb Fredrickson

161706 Damascus CRC 9/28 Th 7:00pm- 8:00pm

Ballroom II (Couples)**Ages 18&Up Intermediate:** Prerequisite: Beginner ballroom course. For further information please contact your instructor directly.**8 Sessions \$104.00**

Instructor: Thomas Woll/Wagaman

162358 Upper County CC 9/27 W 8:30pm- 9:30pm

10 Sessions \$129.00

Instructor: Tony Seleme

159612 Bauer Drive CC 9/25 M 8:00pm- 9:00pm

Instructor: Joe Kim

159611 Olney ES 10/6 F 8:30pm- 9:30pm

Instructor: Paul Mola

159613 Sequoyah ES 9/26 Tu 7:30pm- 8:30pm

Instructor: Rebecca McKinney

159615 Bethesda ES 9/25 M 8:00pm- 9:00pm

Instructor: Thomas Woll, Ann Basso

159610 Glenmont LP 9/28 Th 8:00pm- 9:00pm

Ballroom III (Couples)**9 Sessions \$129.00**

Instructor: Thomas Woll, Ann Basso

162359 Gwendolyn Coffield CC 9/26 Tu 8:00pm- 9:00pm

Instructor: Paul Mola

165443 Leland CC 9/28 Th 8:30pm-9:30pm

Ballroom IV (Couples)**Advanced:** For further information please contact your instructor directly.**10 Sessions \$129.00**

Instructor: Thomas Woll, Ann Basso

161708 Glenmont LP 9/28 Th 9:00pm-10:00pm

Ballroom Practice & Party (Couples)**Ages 18&Up Intermediate/Advanced:** Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor.**10 Sessions \$185.00**

Instructor: Tony Seleme

161459 Holiday Park SrC 9/29 F 7:00pm-10:00pm

161460 Veirs Mill LP 10/1 Su 4:00pm-7:00pm

Dance for the Special Occasion**Ages 18&Up:** Looking forward to a special occasion but dreading the thought of not being comfortable on the dance floor. This class focuses on basic rhythm, movement, leading and following in a relaxed care-free way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. Perfect for anyone who is preparing for a cruise, ball or party.**8 Sessions \$52.00**

Instructor: Herb Fredricksen

162075 Germantown CC 9/27 W 7:15pm- 8:15pm

Ballroom Wedding Dances (Couples)**Ages 18&Up Beginner:** Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.**8 Sessions \$104.00**

Instructor: Thomas Woll/Wagaman

161463 Upper County CC 9/27 W 7:30pm- 8:30pm

10 Sessions \$129.00

Instructor: Rebecca McKinney

161462 Holiday Park SrC 9/26 Tu 8:00pm- 9:00pm

Ragtime and Viennese Ball**Ages 18&Up:** Was there ever a grander age than that of the real ballroom and the dances it spawned? Enjoy the elegance of smooth Viennese waltzes and bouncy polkas, the exuberance of syncopated Ragtime One-steps and Two-steps and all the grand dances in between.**8 Sessions \$52.00**

Instructor: Herb Fredricksen

162355 Shady Grove MS 9/25 M 8:15pm- 9:15pm

Rhythm**West Coast Swing (Couples)****Ages 16&Up:** Have fun in this upbeat class learning all the basic moves and styling with great choreography and syncopations.**10 Sessions \$129.00**

Instructor: Tony Seleme

161452 Holiday Park SrC 9/26 Tu 7:00pm- 8:00pm

Swing**Ages 18&Up Beginner:** Single and Triple Swing. Will change partners.**10 Sessions \$65.00**

Instructor: Joe Kim

159620 Longwood CC 10/5 Th 8:00pm- 9:00pm

Swing (Couples)**Ages 18&Up Beginner:** Single and triple Swing.**10 Sessions \$129.00**

Instructor: Tony Seleme

161456 Argyle LP 9/28 Th 8:00pm- 9:00pm

★NEW★ DC Hand Dancing**Ages 18&Up:** Proclaimed the official dance of the Nation's Capital, learn this smooth styles of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples and trios. Bring your friends.**8 Sessions \$52.00**

Instructor: Thomas Woll/Dunn

161754 North Four Corners LP 9/25 M 9:00pm-10:00pm

Latin**★NEW★ American Latin Rhythm (Couples)****Ages 16&Up:** This class is perfect for new students with basic dance experience who are interested in developing a repertoire of dances while increasing confidence in dancing. Students will leave with basic steps of dances including the Cha-Cha, Rumba, East Coast Swing, and Mambo. This class is a great introduction for students that want to expand beyond the introductory classes but aren't quite ready for 'Dancing with the Stars'.**10 Sessions****\$129.00**

Instructor: Rebecca McKinney

161461 Holiday Park SrC 9/26 Tu

9:00pm-10:00pm

Salsa Beginner (Couples)**Ages 18&Up Beginner:** This is a hot dance that is on the rise worldwide.**10 Sessions \$129.00**

Instructor: Tony Seleme

161457 Argyle LP 9/28 Th 9:00pm-10:00pm

Instructor: Rebecca McKinney

161458 Holiday Park SrC 9/26 Tu 7:00pm- 8:00pm



Salsa

Ages 18&Up Beginner: Students change partners frequently. Course is designed for Singles and Couples.

8 Sessions \$52.00

Instructor: Thomas Woll, Dunn
161707 North Four Corners LP 9/25 M 8:00pm- 9:00pm

Tango (Couples)

Ages 18&Up Beginner/Intermediate American and International Standard: Tango.

10 Sessions \$129.00

Instructor: Rebecca McKinney
161464 Bethesda ES 9/25 M 9:00pm-10:00pm

Salsa & Merengue

Ages 18&Up Beginner: Includes partner dance, free style dance.

10 Sessions \$65.00

Instructor: Joe Kim
159616 Barnsley, Lucy ES 10/4 W 7:30pm- 8:30pm
159617 Longwood CC 10/5 Th 7:00pm- 8:00pm

Intermediate/Advanced: Students change partners frequently.

10 Sessions \$65.00

Instructor: Joe Kim
159618 Barnsley, Lucy ES 10/4 W 8:30pm- 9:30pm

Bolero (Couples)

Ages 18&Up: Develop styling and grace while learning basic Bolero variations in the International Standard of Dance. This Latin rhythmic dance known as the Cuban Dance of Love is smooth and romantic.

10 Sessions \$129.00

Instructor: Tony Seleme
161453 Holiday Park SrC 9/26 Tu 8:00pm- 9:00pm

Cha Cha (Couples)

Ages 18&Up: Learn the basic Cha Cha in variations of International Dance. Whether you are interested in learning dance skills or want to prepare for dance competition this dance will provide a basic foundation to learn and perfect the Cha Cha.

10 Sessions \$129.00

Instructor: Tony Seleme
161454 Holiday Park SrC 9/26 Tu 9:00pm-10:00pm

International & Folk**Anna's Dance Party**

Ages 18&Up Beginner/Intermediate: Learn how they party around the world. Lines, squares, circles and bunches. Come and have fun. Questions: Call Anna Pappas at 301-814-0435.

8 Sessions \$53.00

Instructor: Anna Pappas
160568 Beverly Farms ES 9/29 F 7:30pm- 8:30pm

**Bhangra**

Beginner/Intermediate: Ages 10&Up: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-299-3334.

10 Sessions \$66.00

Instructor: Kumud Mathur
161360 Potomac CC 9/19 Tu 8:00pm- 9:00pm

Bollywood

Ages 10&Up: Bollywood style dancing is the latest craze and is named after a Bombay industry that produces 900 musical movies every year. Each movie has at least 3 to 4 choreographed hip hop style combination dances mixed with different classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. For more information call Kumud Mathur at 301-299-3334.

9 Sessions \$60.00

Instructor: Kumud Mathur
161359 Potomac CC 9/19 Tu 7:00pm- 8:00pm

International

Ages 18&Up Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net

13 Sessions \$83.00

Instructor: Phyllis Diamond
160402 Leland CC 9/11 M 7:30pm-10:00pm

Middle Eastern

Ages 18&Up Beginner/Intermediate: Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.

8 Sessions \$52.00

Instructor: Anna Pappas
161252 Potomac CC 9/25 M 7:30pm- 8:30pm

NEW Worldly Dances for the Savvy Traveler

Ages 18&Up : Have plans to visit exotic places? Cajun Louisiana, French Canada, Cowboy Texas, sunny Mexico, or deeper in Central or South America? How about crossing oceans to visit the great nations of Europe or Near East or a South Seas island? Show your respect for age old cultures by learning dances unique to them and their neighbors.

8 Sessions \$52.00

Instructor: Herb Fredricksen
162078 Damascus CRC 9/28 Th 8:00pm- 9:00pm

NEW Dances of Oktoberfest

Adults: Learn the dances of Herb Fredricksen's German Dance Group 'Bairisch and Steirisch' the official performers for the Germantown Oktoberfest October 7, 2006. Lancers: Austria's original Waltz forms; Schottisches: German time honored Twostep/ Onestep combinations; Czech Polkas, Polish Mazurkas and more. Then be surprised as Herb interprets how their elements became part of Swing, Disco, the Hustle, Country and Western and Salsa.

8 Sessions \$52.00

Instructor: Herb Fredricksen
162076 Germantown CC 9/27 W 8:15pm- 9:15pm

**Dance . . .
the fun
exercise!**

Folk Square Beginner

Beginner: A favorite throughout the country for fun, exercise, and making friends. Newcomers welcome. No dance experience necessary. Questions: Call Betsy Taylor at 301-589-4868.

10 Sessions **\$35.00**

Instructor: Betsy Taylor

161302 Schweinhaut SrC 9/28 Th 10:00am-11:00am

161303 East County CC 9/28 Th 7:30pm- 8:30pm

Folk Square Plus

For those who have completed Folk Square Mainstream. Questions: Call Betsy Taylor at 301-589-4868.

10 Sessions **\$35.00**

Instructor: Betsy Taylor

161305 Wheaton CC 9/27 W 8:00pm- 9:00pm

161304 Schweinhaut SrC 9/28 Th 11:10am-12:10pm

Folk Square-Family

The whole family will have a great time with this family-friendly dance. The class is geared toward families with children but all are welcome to join the class. No dance experience necessary. The only requirement is that children be able to listen to and follow directions.

10 Sessions **\$35.00**

Instructor: Betsy Taylor

161306 Wheaton CC 9/27 W 7:00pm- 8:00pm

Senior Dance



Seniors Performing Group Variety

Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

10 Sessions **\$35.00**

Instructor: Anne Berk

158906 Holiday Park SrC 9/26 Tu 10:00am-11:00am

Seniors Performing Group Show

Intermediate/Advanced Show: Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

10 Sessions **\$35.00**

Instructor: Frank Robson

158802 Holiday Park SrC 9/28 Th 2:30pm- 3:30pm

Seniors Latin Beginner

Popular dances such as the Paso Doble, Cha-Cha, Rumba, Merengue, Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Call Gracie Bryan at 301-949-5847.

10 Sessions **\$35.00**

Instructor: Graciela Bryan

161358 Holiday Park SrC 9/28 Th 2:30pm- 3:30pm

Music

Group Piano



Ages 18&Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice.

Note: Textbooks are required and costs are in addition to course fees. A list of book titles and prices are posted on our Web site, montgomerycountymd.gov/rec, or you may call 240-777-6870 and request the list to be sent by mail or fax. Books will be available for purchase at Music & Arts, 12274 Rockville Pike (Federal Plaza) at least two weeks prior to class. Please present a copy of your registration form at Music & Arts for your student discount. Bring books to first class.

Group Piano Beginner



Level A: No musical background is needed. Learn note reading, rhythm and beginning technique in a five-finger position and harmonization of simple melodies.

9 Sessions **\$135.00**

Instructor: William Palmer

160702 Holiday Park SrC 9/18 M 2:30pm- 3:20pm

160703 Holiday Park SrC 9/18 M 8:00pm- 8:50pm

160704 Holiday Park SrC 9/19 Tu 7:00pm- 7:50pm

Level B: Begin playing with both hands in various positions and harmonization; perform easy literature with a variety of bass, rhythms and styles.

9 Sessions **\$135.00**

Instructor: William Palmer

160705 Holiday Park SrC 9/19 Tu 11:00am-11:50am

160706 Holiday Park SrC 9/19 Tu 8:00pm- 8:50pm

Advanced Beginner



Ages 18&Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

9 Sessions **\$135.00**

Instructor: William Palmer

160707 Holiday Park SrC 9/18 M 7:00pm- 7:50pm

160708 Holiday Park SrC 9/19 Tu 1:15pm- 2:05pm

Intermediate



Ages 18&Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

9 Sessions **\$135.00**

Instructor: William Palmer

160709 Holiday Park SrC 9/18 M 1:30pm- 2:20pm

160710 Holiday Park SrC 9/19 Tu 10:00am-10:50am

Advanced



Ages 18&Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

9 Sessions **\$135.00**

Instructor: William Palmer

160711 Holiday Park SrC 9/19 Tu 12:15pm- 1:05pm



We offer piano classes for all levels of pianists.

Guitar

Guitar Level I



Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for class at Tilden, a tuning fork for classes at Fairland&Upper County) and a pencil. Songbook required to purchase for Tilden class only is available at first class or call Brian Gross. Questions? Call Brian Gross (Tilden) at 301-320-6999 or Kevin Hayton (Fairland&Upper County) at 301-460-1298.

8 Sessions **\$108.00**

Instructor: Brian Gross

162521 Tilden MS 9/19 Tu 7:00pm- 8:15pm

Instructor: Kevin Hayton

162522 Fairland CC 9/20 W 7:00pm- 8:15pm

162523 Upper County CC 9/21 Th 7:00pm- 8:15pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, a tuning fork and pencil. New students with applicable experience/knowledge welcome. Questions: Kevin Hayton at 301-460-1298.

8 Sessions **\$108.00**

Instructor: Kevin Hayton

162524 Upper County CC 9/21 Th 8:15pm- 9:30pm



Guitar Songs

Ages 9&Up: Prerequisite, Level I or new students with applicable experience/knowledge welcome. Love to play your favorites and learn new songs to add to your favorite's collections? Come jam with Brian, and while you are jammin', you'll cover new chords including barre and power chords. Please bring the songs you want to play, a fully strung guitar (acoustic or electric), electronic tuner and a pencil. Price includes all materials. Questions: Brian Gross at 301-320-6999.

8 Sessions **\$125.00**

Instructor: Brian Gross

162526 Tilden MS 9/19 Tu 8:15pm- 9:30pm

Voice

Voice Level I

Ages 12&Up: Beginner: From the casual singer to the American Idol hopeful, everyone will enjoy and benefit from this class! The fundamentals of singing with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress in this stress-less environment. Questions? Email lovestoteachmusic@yahoo.com

6 Sessions **\$51.00**

Instructor: Alison Leadbetter-Hines

162519 Tilden MS 10/4 W 7:30pm- 8:30pm

Voice Level II

Ages 12&Up: Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

7 Sessions **\$60.00**

Instructor: Alison Leadbetter-Hines

162520 Tilden MS 10/4 W 8:30pm- 9:30pm

Montgomery Women's Chorus



Ages 18&Up: Join a dynamic group of women who enjoy singing for fun, personal enrichment and are interested in developing and progressing their skills in musical expression. If you have any group singing experience, including, but not limited to high school, college or church choir, and you can read music, this chorus is waiting for you! Instruction in choral singing and reading choral scores will be covered and participants will bring it all together in several performances.

12 Sessions **\$121.00**

Instructor: Gerald Rogell

162864 Holiday Park SrC 9/18 M 7:30pm- 9:30pm

Cooking

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$35 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation. See youth arts and crafts for family participation classes.

6 Sessions **\$55.00**

Instructor: Abigail Dion

164272 Longwood CC 10/3 Tu 4:15pm- 5:15pm

164273 Bauer Drive CC 10/4 W 4:15pm- 5:15pm

164274 Damascus CRC 10/5 Th 4:00pm- 5:00pm



Cooking for Kids

For Adults: 'One Bite Won't Hurt Them!' Kids have been fooling parents for years, making them think that they are 'picky eaters'. We have been proving for years that our time tested kid friendly recipes win over even the pickiest eaters! Tiny Hands staff will share their techniques, recipes and show you methods to involve your little one in the cooking process. Quick and easy recipes the kids and you will love to prepare and eat all presented in a no stress environment. Come join our 'make your kid happy hour' \$30 material fee due to instructor. Adults only.

4 Sessions **\$39.00**

Instructor: Abigail Dion

163256 Longwood CC 10/3 Tu 6:00pm- 7:00pm

Need an additional registration form?

Download one from our website at
www.montgomerycountymd.gov/rec

Wine & Dine Classes

These very popular wine instruction classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed in detail, as well as how the wine pairs with selected foods, and proper ways to serve wine.

Wine is chosen on availability; substitutions may occur. Wine samples provided, no refund or allowances if you elect to refuse food or wine. Picture ID for proof of age 21 required at class.



★ NEW Wine & Dine-Shellfish and "Right" Whites

Ages 21&Up: A Chenin Blanc will be paired with a wonderful crabcake with spicy remoulade sauce. Then scallops and caviar served with celeriac salad served with a 'flinty' chablis. And finally a vignier will be served with Masaharu Morimoto's shrimp tempura with miso mayonnaise (Yes, THE Iron Chef Morimoto-one of his winners!) Take home recipes. \$20 food and wine fee due instructor.

1 Session **\$50.00**

Instructor: James Davis
159952 Ross Boddy CC 10/6 F 7:00pm-10:00pm

★ NEW Wine & Dine-Wines From Places You Never Thought

Ages 21&Up: None from the USA, France, Australia, Italy or Spain! This session will include six more wines, this time from places you never thought. The food will be memorable and will include a spicy Thai recipe, a special tart and a pork tenderloin. The final recipes will be determined after the wine is selected. The food will match the wines and a great time will be had by all. Remember, in this class we cook, then clean, then taste the food and wine together. \$20 food and wine fee due to instructor.

1 Session **\$50.00**

Instructor: James Davis
159953 Ross Boddy CC 11/3 F 7:00pm-10:00pm

★ NEW Wine & Dine-South America's Contribution

Ages 21&Up: Everything featured in this class will be from south of the equator. With a different growing season these wines come to market six months earlier than those dated the same in the US. Reds, whites and a rosé from Chile and Argentina will be served. The recipes will be selected after the wines are selected, there will be at least one beef dish and one seafood special. E-mail the instructor within 15 days of the class to get the specific menu. \$20 food and wine fee due instructor.

1 Session **\$50.00**

Instructor: James Davis
159954 Ross Boddy CC 12/1 F 7:00pm-10:00pm

**Tip: Eat healthy . . .
Live longer.**

★ NEW The Real New Orleans

Ages 15&Up: A truly special French technique menu; improve your cooking skills. Shrimp and Andouille gumbo, pecan crusted cat fish, dirty rice and bread pudding with Jack Daniel's Sauce. Take home recipes. \$12 food fee due instructor.

1 Session **\$48.00**

Instructor: James Davis
159958 Ross Boddy CC 9/19 Tu 7:00pm- 9:30pm

★ NEW The Fall Grill

Ages 15&Up: We'll learn how to fire up the charcoal grill the best way. Grill a marinated pork tenderloin, brined chicken breasts, a grilled salad, grilled veggies and a grilled dessert. Both gas and charcoal grills are used, so no burnt offerings here. Come join in for a grilling class that will make a difference in the food that you fix at home. We will prepare lunch, so bring an appetite. \$12 food fee due instructor at class time.

1 Session **\$48.00**

Instructor: James Davis
159959 Ross Boddy CC 9/30 Sa 10:30am- 1:30pm



★ NEW Thai At Its Best

Ages 15&Up: Learn Thai cooking by doing. Prepare chicken satay with a peanut dipping sauce, shrimp and chicken Pad Thai and sticky rice with fresh fruit. This is a class you won't want to miss. We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due instructor at class

1 Session **\$48.00**

Instructor: James Davis
159960 Ross Boddy CC 10/3 Tu 7:00pm- 9:30pm

A Tuscan Feast

Ages 15&Up: Always a favorite class that sells out quickly. Prepare and enjoy a true Tuscan feast. Using the best available products, we'll prepare authentic bruschettas for an appetizer, followed by braised pork loin with chianti sauce, lemon sage green beans and a zucchini-sweet potato gratin. And we eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to instructor.

1 Session **\$48.00**

Instructor: James Davis
159962 Ross Boddy CC 10/17 Tu 7:00pm- 9:30pm

Invigorating Vegetarian Vittles

Ages 15&Up: By popular demand-simple to prepare, great tasting and looking. This class will use eggs and cheese, no seafood, shellfish or meats of any kind. Fallen grits souffle with tomatoes and goat cheese, tagliatelle with mushrooms, peas and truffle oil, pan fried Jerusalem artichokes in sage butter and roasted Bosc pears. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due instructor.

1 Session **\$48.00**

Instructor: James Davis
159961 Ross Boddy CC 10/24 Tu 7:00pm- 9:30pm





Be Your Own Personal Chef!

Ages 15&Up: Learn the secrets of 'fix-ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A full participation class, bring your appetite, as each class eats what they fix! A \$12 food fee is due to the instructor at the beginning of class.

1 Session \$63.00

Instructor : James Davis

165159 Ross Boddy CC 11/11 Sa 10:30am-2:30pm

165160 Ross Boddy CC 12/9 Sa 10:30am-2:30pm

Better Cooking at Home

Ages 15&Up: Improve your cooking skills by making a wonderful pork tenderloin with white wine pan sauce, a chipotle potato risotto and the best fresh veggies we can find at the market. Topped off with apple and berry empanada's for dessert. We'll be blanching, baking and stewing--all the techniques you need to learn to do better in the kitchen. This will be a lunch you won't forget. We eat what we fix so come hungry. \$12 food fee due instructor.

1 Session \$48.00

Instructor: James Davis

159963 Ross Boddy CC 11/18 Sa 10:30am- 1:30pm

Instant Party Buffet

Ages 15&Up: This time we're going all out...a serve yourself fish taco platter with all homemade accompaniments including tomatillo, salsa verde and pickled onions; a bruschetta bar with three different toppings, a wonderful antipasto salad and crispy potato pancakes with cavair. Also, a few very special surprises will really set this meal off! Come with an appetite because we eat what we fix. Take home recipes. \$12 food fee due instructor.

1 Session \$48.00

Instructor: James Davis

159964 Ross Boddy CC 11/28 Tu 7:00pm- 9:30pm

Holiday Gifts

Ages 15&Up: By special request from our students, we will show you how to prepare attractive food oriented gifts for holiday gift giving. Cookies, soup mix in a jar and even a cake in a jar. How about salsa and few other goodies to fill out your holiday gift list? Plenty to eat, so bring an appetite and come ready to have a good time! Take home recipes. \$12 food fee due to instructor.

1 Session \$48.00

Instructor: James Davis

159966 Ross Boddy CC 12/2 Sa 10:30am- 1:30pm



Add some spice to your life with one of our cooking classes.

NEW PDQ (pretty darn quick) Vegetarian

Ages 18&Up: Quick, healthy, and delicious no-prep vegetarian cooking with local cookbook author Donna Klein. If chopping, peeling, slicing, coloring, and seeding vegetables seems to take the fun out of mealtime, this course is for you. Recipes demonstrated include: Texas style chili, Moroccan vegetable stew with couscous, sweet potato gratin, and two-ingredient apple strudel. \$15 food fee due to instructor.

3 Sessions \$72.00

Instructor: Donna Klein

162914 Tilden MS 10/11 W 7:00pm- 9:30pm

162915 Tilden MS 11/1 W 7:00pm- 9:30pm

NEW Vegetarian Cuisines from India

Ages 18&Up: Lecture and demonstration. This series is aimed at preparing simple, but nutritious Indian meals. Each class covers a complete and well-balanced meal including bread, vegetables, beans and salads. The recipes will include chapatis, mung beans, peas, and mushroom curry, potato raita, tuvar dal, and rice pilaf with vegetables, yogurt curry, tomato and cucumber raita. Hands on making of pooris and chapatis. \$20 food fee due to instructor.

3 Sessions \$72.00

Instructor: Jaya Nagda

162916 Quince Orchard HS 10/4 W 7:00pm- 9:30pm



NEW Cake Decorating

Ages 18&Up: Explores the fundamentals of cake decorating on the beginning and intermediate levels. Basic decorating techniques such as flowers, roses, borders, fondant, color striping, and lettering covered. Material and supply list will be provided at the first class.

4 Sessions \$72.00

Instructor: Teresa A. Smith

158952 Tilden MS 9/18 M 7:00pm- 9:00pm

158953 Tilden MS 10/30 M 7:00pm- 9:00pm

Exercise & Fitness for Youth

Baton 1 Beginner

Ages 4-9 Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at zipjld@aol.com

10 Sessions**\$61.00**

Instructor: Julianna Duda

160532	McAuliffe, S. Christa ES	9/18	M	3:30pm- 4:15pm
159663	Clarksburg ES	9/19	Tu	3:45pm- 4:30pm
159664	Resnik, Judith A. ES	9/19	Tu	6:00pm- 6:45pm
159665	Woodfield ES	9/20	W	6:00pm- 6:45pm
159666	Damascus ES	9/21	Th	6:15pm- 7:00pm
159667	Luxmanor ES	9/21	Th	6:00pm- 6:45pm

**Cheerleading 1**

Ages 5-13 Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-865-9499.

4 Sessions**\$71.00**

Instructor: Perfect Balance, Inc

159412	Longwood CC	9/25	M	5:00pm- 7:00pm
159413	Germantown CC	9/26	Tu	5:00pm- 7:00pm

The Ultimate Boxing Workout for Youth

Ages 7-15 Beginners-Advanced Students: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience. Use it alone or as a complement to The Dynamic Ab Workout or The Ultimate Jump Off. Questions call Larry Johnson at 301-681-3344

8 Sessions**\$66.00**

Instructor: Larry Johnson

159406	Upper County CC	9/5	Tu	5:45pm- 7:00pm
159407	Fairland CC	9/9	Sa	11:15am-12:30pm

NEW The Ultimate Jump Off-Youth

Ages 7-17: Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*.

8 Sessions**\$41.00**

Instructor: Larry Johnson

159411	Upper County CC	9/5	Tu	7:45pm- 8:30pm
159410	Fairland CC	9/9	Sa	12:30pm- 1:15pm

NEW Don't Miss A Beat!

Ages 11-15: Jacki Sorensen's Aerobics Pumped! Routines are choreographed to today's HOT hits that are sure to get you moving. Latest dance steps get your heart pumping, blood flowing, and your body shaking. Way too much fun you will forget that you are burning calories and sculpting your body. Show off and share your moves at the next dance party. Bring mat/towel. Hand weights are optional.

6 Sessions**\$58.00**

Instructor: Karin Baker

162660	Damascus CRC	9/20	W	3:00pm- 4:00pm
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NEW Intro to Weight Training for Youth

Ages 13-15: Small group designed to teach weight room etiquette, proper stretching, cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Develop a personal program to continue on your own. Instructor is a Certified Trainer. Completion of program will allow teens to purchase an Exercise Room Pass and receive first 3 months for FREE! Questions call Fred Mosby at 202-210-3234 or email at fmosby@comcast.net or Doug Schwanke at 301-774-7184 or Mike Hilwig at jhilwig@yahoo.com.

4 Sessions**\$69.00**

Instructor: Douglas Schwanke

159462	Potomac CC	9/16	Sa	10:00am-11:00am
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Instructor: Fred Mosby

159460	Germantown CC	9/21	Th	3:00pm- 4:00pm
159461	Damascus CRC	10/25	W	3:00pm- 4:00pm

Instructor: Joseph M. Hilwig

160502	Bauer Drive CC	9/19	Tu, Th	3:00pm- 4:00pm
160503	Bauer Drive CC	10/10	Tu, Th	3:00pm- 4:00pm
160504	Bauer Drive CC	11/28	Tu, Th	3:00pm- 4:00pm

Junior Jazzercise

Ages 5-11: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Call Jennifer Sambataro at 301-916-3533.

9 Sessions**\$65.00**

Instructor: Jennifer Sambataro

159068	Poolesville ES	9/22	F	3:20pm- 4:05pm
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Philbin's Youth Fitness & Conditioning

Ages 7-11: Work with the pros at Philbin's and train on their indoor turf field and Olympic track using proven youth fitness techniques. Students improve flexibility, balance, coordination, agility, running technique, and basic movement skills. Proper nutrition, safety, establishing good habits and a positive attitude is addressed. All that and more in a fun environment. Questions call 301-527-0500 or email at kmorris@PhilbinsATC.com

6 Sessions**\$120.00**

Instructor: Philbin's Family Fitness

159655	Philbin's Family Fitness	9/27	W	6:00pm- 7:00pm
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Montgomery County
RECREATION
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

Exercise & Fitness for Adults

A.C.T. The Workout

Ages 16&Up: A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour.

Plan your workout around your schedule and attend class at any location. **Register any time online, by phone or at the Recreation Centers. Take your receipt to any class location below to pick up your session pass from the instructor.** The pass is good for the specified number of sessions. It can be used at any ACT location listed below for 3 months from the first class attended.

Class Locations	Days	Times:
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Fairland Community Center	M, W	7:00-8:00pm
Wayside ES	M, W	7:00-8:00pm
East County Community Center	Th	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

36 Sessions **\$145.00**

Instructor: Company Staff: Castellucci Inc.

161052 ACT TBA 9/5 M-Th, Sa, Su see above

161053 ACT TBA 10/1 M-Th, Sa, Su see above

24 Sessions **\$100.00**

Instructor: Company Staff: Castellucci Inc.

160965 ACT TBA 9/5 M-Th, Sa, Su see above

160966 ACT TBA 10/1 M-Th, Sa, Su see above

18 Sessions **\$80.00**

Instructor: Company Staff: Castellucci Inc.

160963 ACT TBA 9/5 M-Th, Sa, Su see above

160964 ACT TBA 10/1 M-Th, Sa, Su see above

12 Sessions **\$60.00**

Instructor: Company Staff: Castellucci Inc.

160960 ACT TBA 9/5 M-Th, Sa, Su see above

160961 ACT TBA 10/1 M-Th, Sa, Su see above

Aerobic Kickboxing by TKA

Ages 16&Up: A super charged coed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it! No equipment required. A noncontact fitness oriented class with Black Belt instructors.

10 Sessions **\$56.00**

Instructor: Company Staff: TKA, Inc.

159738 Germantown CC 9/18 M 6:00pm- 7:00pm

159740 Bauer Drive CC 9/19 Tu 6:00pm- 7:00pm

Ballet Exercise

Ages 16&Up: Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing. Bring light hand weights, a mat, soft ballet shoes (or bare feet) and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience. Question call 301-942-5168

10 Sessions **\$56.00**

Instructor: Esther Kish

161005 Luxmanor ES 9/5 Tu 7:15pm- 8:15pm

Bio Aerobics Cardio Fit High/Low

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

7 Sessions **\$29.00**

Instructor: Bio Aerobics Inc.

160968 Germantown CC 9/16 Sa 9:30am-10:30am

4 Sessions **\$17.00**

Instructor: Bio Aerobics Inc.

160970 Germantown CC 11/18 Sa 9:30am-10:30am

14 Sessions **\$58.00**

Instructor: Bio Aerobics Inc.

160967 Germantown CC 9/11 M, Th 7:00pm- 8:00pm

11 Sessions **\$50.00**

Instructor: Bio Aerobics Inc.

160969 Germantown CC 11/13 M, Th 7:00pm- 8:00pm



Bio Cardio Fit Half Hour Workout

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

14 Sessions **\$29.00**

Instructor: Bio Aerobics Inc.

160973 Briggs Chaney MS 9/19 Tu, Th 7:30pm- 8:00pm

12 Sessions **\$25.00**

Instructor: Bio Aerobics Inc.

160974 Briggs Chaney MS 11/9 Th, Tu 7:30pm- 8:00pm

Bio Aerobics Tone & Firm

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

14 Sessions **\$58.00**

Instructor: Bio Aerobics Inc.

160971 Briggs Chaney MS 9/19 Tu, Th 8:00pm- 9:00pm

12 Sessions **\$50.00**

Instructor: Bio Aerobics Inc.

160972 Briggs Chaney MS 11/9 Th, Tu 8:00pm- 9:00pm

NEW Boot Camp-Non Military Style

Combines cardio, strength, flexibility and agility. Instructor uses a non-military style of boot camp drills including, sprints, push-ups, abdominals, basic calisthenics, and weight training. Guaranteed to create rapid body-changing results. Each class consists of a warm-up, boot camp circuits, abdominal exercises, and a cool down. Instructor is a certified Trainer. Owned and choreographed by, Mirror Image Fitness, LLC. Questions email info@mirrorimagefitness.com

12 Sessions **\$75.00**

Instructor: Mirror Image Fitness, LLC

159802 East County CC 9/11 M 12:00pm- 1:00pm

158255 East County CC 9/13 W 12:00pm- 1:00pm

158253 Damascus CRC 9/13 W 9:30am-10:30am

158254 Damascus CRC 9/15 F 9:30am-10:30am





The Ultimate Boxing Workout

Ages 16&Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Use it alone or as a compliment to *The Dynamic Ab Workout* or *The Ultimate Jump Off*. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$66.00**

Instructor: Larry Johnson

159403	Upper County CC	9/5	Tu	5:45pm- 7:00pm
159402	Fairland CC	9/9	Sa	10:00am-11:15am

NEW The Ultimate Jump Off

Ages 18&Up: Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$41.00**

Instructor: Larry Johnson

159409	Upper County CC	9/5	Tu	7:45pm- 8:30pm
159408	Fairland CC	9/9	Sa	12:30pm- 1:15pm



Dynamic Ab Workout

Ages 13&Up: Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$41.00**

Instructor: Larry Johnson

159405	Upper County CC	9/5	Tu	7:00pm- 7:45pm
159404	Fairland CC	9/9	Sa	12:30pm- 1:15pm

NEW Cardio Kickboxing

Ages 16&Up: Combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Does not involve physical contact between competitor. It's a cardiovascular, high energy workout that's done because of its many benefits to the body. Each class consist of a warm up, a cardiovascular kickboxing segment, a strength toning segment using fee weights, abdominal work and a cool down. Free weights are optional. Bring a mat/towel. Instructor is a certified Trainer. Questions email info@mirrorimagefitness.com

12 Sessions **\$75.00**

Instructor: Mirror Image Fitness, LLC

158257	East County CC	9/14	Th	5:45pm- 6:46pm
158256	East County CC	9/19	Tu	5:45pm- 6:46pm
158258	Leland CC	9/14	Th	5:00pm- 6:00pm
158259	Leland CC	9/19	Tu	5:00pm- 6:00pm

NEW Cardio Sculpting

Ages 16&Up: Combines the elements of aerobic and sculpting workouts. First half of class is hi/lo aerobics style with upbeat music; last half of the class focuses on toning and shaping, utilizing weights and resistance bands to work the major muscle groups. Each class consists of a light warm up, cardio segment, toning segment, abdominal segment and a cool down. Free weights are optional. Bring a mat/towel. Instructor is a certified Trainer. Questions email info@mirrorimagefitness.com

12 Sessions **\$75.00**

Instructor: Mirror Image Fitness, LLC

158249	Bauer Drive CC	9/11	M	6:00pm- 7:00pm
158250	Bauer Drive CC	9/13	W	6:00pm- 7:00pm

Dance & Fitness, LLC

Ages 16&Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email dancenfitness@comcast.net

24 Sessions **\$102.00**

Instructor: Virginia Azuree

159059	Bauer Drive CC	9/14	Th, Tu	4:15pm- 5:15pm
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Instructor: Elaine Waldstreicher

159056	Glenallen ES	9/11	M, W	7:30pm- 8:30pm
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Instructor: Trish Watkins

159055	Tilden MS	9/11	M, W	7:00pm- 8:00pm
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Instructor: Paula Rosenstock

161652	Holiday Park SrC	9/11	M, W	6:00pm- 7:00pm
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Instructor: Kathryn Wiemers

159061	Rock View ES	9/7	Th, Tu	7:00pm- 8:00pm
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Instructor: Alice Donnelly

159060	Potomac CC	9/7	Th, Tu	6:00pm- 7:00pm
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Instructor: Consie Mote

159058	Leland CC	9/7	Th, Tu	9:15am-10:15am
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Instructor: Lois Schneider Antos

159057	Veirs Mill LP	9/7	Th, Tu	9:30am-10:30am
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Dance & Fitness Add a Class

Pre-requisite: You must be registered in a regular, twice a week, Dance & Fitness class during the same season to sign up for this class. Questions contact: dancenfitness@comcast.net

12 Sessions **\$53.00**

Instructor: Kathryn Wiemers

159062	Veirs Mill LP	9/16	Sa	9:00am-10:00am
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Dance & Fitness is a great head-to-toe workout!

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates. Questions call Juliet Rodman at 301-229-2390

22 Sessions **\$110.00**

Instructor: Juliet Rodman

159067 Clara Barton CC 9/5 Tu, Th 7:00pm- 8:00pm

28 Sessions **\$140.00**

Instructor: Carolyn Evans

159066 Clara Barton CC 9/5 Tu, Th 9:15am-10:15am

Definitions Low Impact Aerobics

Ages 16&Up: Get your heart rate up with the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative one-hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time. Questions call Juliet Rodman at 301-229-2390

28 Sessions **\$140.00**

Instructor: Judy Brookes

159063 Clara Barton CC 9/8 F, M 9:15am-10:15am

**Definitions Mat Pilates**

Ages 16&Up: A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE and CPR certified. Questions call Juliet Rodman at 301-229-2390

10 Sessions **\$60.00**

Instructor: Marla Foster

159065 Clara Barton CC 9/6 W 8:15am- 9:15am

Dynaerobics

Ages 16&Up: Owned and choreographed by, Ferhan Kiper Doyle Coed fitness A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

28 Sessions **\$133.00**

Instructor: Lee Berry

161006 Wyngate ES 9/6 W, M 6:00pm- 7:00pm

Instructor: Nancy Dameron

161007 Cloverly ES 9/6 W, M 6:30pm- 7:30pm

24 Sessions **\$114.00**

Instructor: Gail Oring

161008 Bauer Drive CC 9/14 Th, Tu 6:00pm- 7:00pm

10 Sessions **\$48.00**

Instructor: Regina Gaither

161009 Bauer Drive CC 9/16 Sa 10:00am-11:00am

Dynaerobics Body Challenge

Owned and choreographed by, Ferhan Kiper Doyle

Ages 16&Up: A full 75 minutes of Coed fitness. Includes hi and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

24 Sessions **\$140.00**

Instructor: Lee Berry

162609 Bauer Drive CC 9/14 Tu, Th 7:00pm- 8:15pm

Dynaerobics Body Sculpting

Owned and choreographed by, Ferhan Kiper Doyle

Ages 16&Up: A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

28 Sessions **\$130.00**

Instructor: Regina Gaither

162676 Tilden MS 9/6 M, W 6:00pm- 7:00pm

10 Sessions **\$48.00**

Instructor: Regina Gaither

162677 Bauer Drive CC 9/16 Sa 11:00am-12:00pm

Group Workout Pilates On The Ball

Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat and 65cm exercise ball to class. For more information contact Fred Mosby at 301-540-5782 or email at fmosby@comcast.net

12 Sessions **\$108.00**

Instructor: Fred Mosby

159419 Damascus CRC 9/11 M, W 6:00pm- 7:00pm

159415 Germantown CC 9/14 Th, Tu 6:00pm- 7:00pm

159417 Germantown CC 10/26 Th, Tu 6:00pm- 7:00pm

6 Sessions **\$54.00**

Instructor: Fred Mosby

159416 Damascus CRC 9/16 Sa 10:00am-11:00am

5 Sessions **\$45.00**

Instructor: Fred Mosby

159418 Damascus CRC 11/11 Sa 10:00am-11:00am

**Jacki Sorensen's Aerobic Dance**

Ages 16&Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening with Vertifirm (TM). Bring mat and hand and/or ankle weights (optional).

13 Sessions **\$73.00**

Instructor: Karin Baker

158356 Potomac CC 9/14 Th 9:00am-10:00am

158355 Potomac CC 9/19 Tu 9:00am-10:00am



Jacki Sorensen's Strong Step

Ages 16&Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability 301-428-9425.

13 Sessions**\$73.00**

Instructor: Karin Baker

158357 Potomac CC 9/15 F 9:00am-10:00am

**Jazzercise**

Ages 16&Up: Includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level. **Students who register are welcome to attend any of the listed locations and times for two months.** Question call Diane Elmore at 301-330-0896 or email at dielmojazz@verizon.net

Two-month Pass**\$95.00**

Instructor: Diane Elmore

160774 Upper County CC 8/28 M, W 6:30pm- 7:30pm

160777 Upper County CC 10/25 M, W 6:30pm- 7:30pm

160776 Damascus CRC 9/11 M, W 6:45pm- 7:45pm

160779 Damascus CRC 11/6 M, W 6:45pm- 7:45pm

160775 Upper County CC 8/29 Tu,Th,F 9:30am-10:30am

160778 Upper County CC 10/24 Tu,Th,F 9:30am-10:30am

Jazzercise-Breakfast Busters

Ages 16&Up: Early morning workout will give you the boost your day needs. Cardio and strength in each class to firm you. Includes a warm-up, high energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and FUN for every age and fitness level. Students who register are welcome to attend any of the listed locations and times for two months. Question call Diane Elmore at 301-330-0896 or email at dielmojazz@verizon.net

Two-month Pass**\$95.00**

Instructor: Diane Elmore

160562 Germantown CC 9/11 M, F 6:15am- 7:15am

160802 Germantown CC 11/13 M, F 6:15am- 7:15am

Jazzmatazz Aerobic Bonus

Ages 16&Up: Combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week to achieve the best results.

12 Sessions**\$67.00**

Instructor: Betsy Saunders

161010 Fairland CC 9/19 Tu 5:30pm- 6:30pm

161011 Fairland CC 9/21 Th 5:30pm- 6:30pm

161012 Wheaton CC 9/19 Tu 7:15pm- 8:15pm

161013 Wheaton CC 9/21 Th 7:15pm- 8:15pm

Jazzmatazz Pilates

Ages 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

12 Sessions**\$83.00**

Instructor: Betsy Saunders

161060 Sligo MS 9/18 M 7:00pm- 8:15pm

13 Sessions**\$90.00**

Instructor: Betsy Saunders

161061 Sligo MS 9/20 W 7:00pm- 8:15pm

Jazzmatazz Aerobics Light

Ages 18&Up: Active Seniors & Beginners A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength and flexibility. To achieve best results, students are strongly encouraged to register for both days.

12 Sessions**\$67.00**

Instructor: Betsy Saunders

161057 Wheaton CC 9/19 Tu 9:00am-10:00am

161058 Wheaton CC 9/21 Th 9:00am-10:00am

Kelley's Complete Fitness Workout

Ages 13&Up: Safe, effective exercises to strengthen and tone major muscle groups: Stretch warmed up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Bring mat or towel; light hand weights optional. Instructor has a BS Degree in Physical Education and has over 20 years of experience.

12 Sessions**\$71.00**

Instructor: Pamela Kelley

160520 Wheaton CC 9/11 M 9:00am-10:15am

160521 Bauer Drive CC 9/13 W 9:00am-10:15am

160522 Longwood CC 9/13 W 7:15pm- 8:30pm

Kelley's Extended Workout

Ages 13&Up: Same program as above, but with an extended, more intense stretch time. Bring mat or towel; light hand weights optional. Instructor has a BS Degree in Physical Education with 20 plus years of experience.

12 Sessions**\$86.00**

Instructor: Pamela Kelley

160530 Longwood CC 9/11 M 7:00pm- 8:30pm

160531 Wheaton CC 9/14 Th 9:00am-10:30am

Movin' with Millie**Traditional Slimnastics**

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

12 Sessions**\$53.00**

Instructor: Mildred Norwood Trimble

161063 Pilgrim Hills LP 9/22 F 9:30am-10:30am

13 Sessions**\$57.00**

Instructor: Mildred Norwood Trimble

161062 Pilgrim Hills LP 9/20 W 9:30am-10:30am





The Sergeant's Program

Physical Fitness For Adults: Featured on CNN, Head Line News, ABC, NBC, PEOPLE and The Washington Post. An outdoor result based fitness company offering structured workouts by highly trained instructors. Co-ed training for fitness levels from poor to excellent. A no frills, military style program. If you are unfit then you can attend a beginner *Boot Camp*. In good shape? You will love our *Maintenance Program*. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance.

Boot Camp: Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

Maintenance: Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville.

Time varies depending on location: 6:00am (or earlier) and 6:30pm (or later)

For specific information please contact The Sergeant's Program at 301-944-1230 or email at sarge@sarge.com

Register anytime online, or at the Recreation Centers!

40 Sessions \$270.00

Instructor: Company, The Sergeant's Program, Inc.

165143	See Above	9/5	M-F	6:00am-7:00am
165144	See Above	9/5	M-F	6:30pm-7:30pm
165145	See Above	10/2	M-F	6:00am-7:00am
165146	See Above	10/2	M-F	6:30pm-7:30pm

The Sergeant's Program, Continuing

Physical Fitness For Adults: Continuing student's who have taken either *Boot Camp* or *Maintenance Sergeant's Program* through MCRD in the past. See description above.

Boot Camp: Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

Maintenance: Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville. Time varies depending on location: 6:00am (or earlier) and 6:30pm (or later)

For specific information please contact The Sergeant's Program at 301-944-1230 or email at sarge@sarge.com

Register anytime online, or at the Recreation Centers!

40 Sessions \$198.00

Instructor: Company, The Sergeant's Program, Inc.

165151	See Above	9/5	M-F	6:00am-7:00am
165152	See Above	9/5	M-F	6:30pm-7:30pm
165153	See Above	10/2	M-F	6:00am-7:00am
165154	See Above	10/2	M-F	6:30pm-7:30pm



Get serious about your workout with the Sergeant's Program.

Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at (301)540-5782 or email at fmosby@comcast.net or Doug Schwanke at 301-774-7184

4 Sessions

\$69.00

Instructor: Douglas Schwanke

159452 Potomac CC 9/16 Sa 11:00am-12:00pm

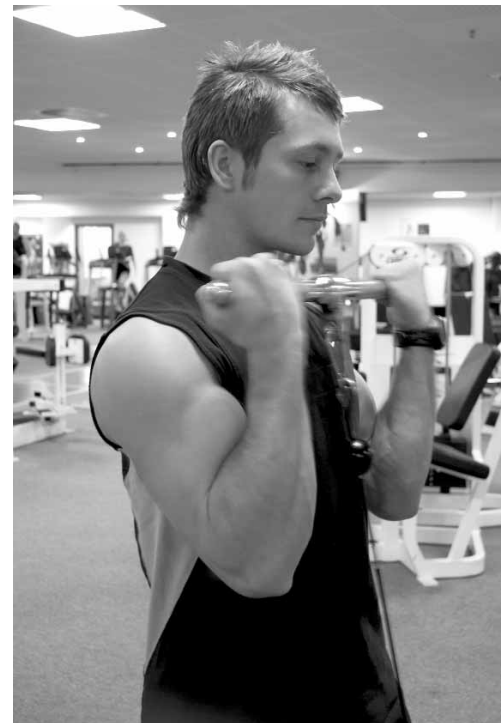
Instructor: Fred Mosby

159453 Damascus CRC 9/6 W 7:15pm- 8:15pm

159454 Germantown CC 9/13 Th 7:15pm- 8:15pm

159455 Damascus CRC 10/25 W 7:15pm- 8:15pm

159456 Germantown CC 11/9 Th 7:15pm- 8:15pm



Small Group Weight Room Orientation

Ages 16&Up: Small group introductory instruction designed to teach individuals weight room etiquette, demonstrate safe and effective use of equipment, weights and dumbbells and effective exercises that work all major muscle groups. Instructors are Certified Trainers. Question call Fred Mosby at 301-540-5782 or email at fmosby@comcast.net

1 Session

\$38.00

Instructor: Fred Mosby

159457 Damascus CRC 9/11 M 7:15pm- 8:15pm

159458 Damascus CRC 11/6 M 7:15pm- 8:15pm

159459 Damascus CRC 11/20 M 7:15pm- 8:15pm

Susan Taylor Workouts

Ages 16&Up: Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

24 Sessions

\$124.00

Instructor: Susan J. Taylor

161067 Potomac CC 9/11 M, W 8:45am-10:00am

161066 Leland CC 9/14 Th, Tu 6:00pm- 7:00pm



Tai Chi, Beginning

Ages 16&Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits athletes or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome.

10 Sessions \$69.00

Instructor: Schettino			
160952 Bauer Drive CC	9/18	M	7:00pm- 8:00pm
Instructor: Stanley			
160953 Potomac CC	9/19	Tu	7:00pm- 8:00pm
Instructor: Schettino			
160954 Fairland CC	9/19	Tu	7:00pm- 8:00pm
Instructor: Votaw			
160955 Kemp Mill Estates LP	9/20	W	7:00pm- 8:00pm

Tai Chi, Continuing

Ages 16&Up: Continuing Students Level II.

10 Sessions \$69.00

Instructor: Schettino			
160956 Bauer Drive CC	9/18	M	8:00pm- 9:00pm
Instructor: Stanley			
160957 Potomac CC	9/19	Tu	8:00pm- 9:00pm
Instructor: Schettino			
160959 Fairland CC	9/19	Tu	8:00pm- 9:00pm
Instructor: Votaw			
160958 Kemp Mill Estates LP	9/20	W	8:00pm- 9:00pm

Tai Chi-Moving Meditation

Ages 16&Up: A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

10 Sessions \$69.00

Instructor: Harumi Williams			
160552 Leland CC	9/11	M	6:00pm- 7:00pm

Tai Chi Moving Meditation Continuing

Ages 16&Up: Continuing students who have taken Tai Chi Moving Meditation with Williams.

10 Sessions \$69.00

Instructor: Harumi Williams			
160553 Leland CC	9/13	W	6:00pm- 7:00pm

NEW Tai Chi I

Ages 16&Up: Jin Jia Tai Chi Chuan incorporates elements of Yang, Chen, Wu and Taoist Tai Chi styles; and can be practiced with the goal of relaxing or of invigorating the student. Suitable for people of all ages and varying levels of fitness, it is an excellent stress-reduction activity that can lower blood pressure levels, and is frequently prescribed as an aid in alleviating discomfort from arthritis, back pain, and joint injuries. Tai Chi significantly improves core strength, balance, mental focus, flexibility and endurance. Physical conditioning in its own right, it is excellent cross-training

for other sports and/or martial arts. Wear comfortable, loose fitting clothing and flat-sole shoes. Students are encouraged to attend twice a week.

12 Sessions \$82.00

Instructor: Robert Gold			
159502 Damascus CRC	9/19	Tu	7:00pm- 8:00pm
159503 Damascus CRC	9/21	Th	7:00pm- 8:00pm

NEW Tai Chi Chuan

Ages 16&Up: For beginners or intermediate students. This class uses the ancient Chinese exercise in a holistic way to promote overall health of body and mind. The 24 postures will be learned step-by-step focusing on breathing, directing the mind, stretching and aligning the body, and developing 'Qi' or energy. Regular practice of Tai Chi Chuan has been shown to prevent health issues from developing and may help those who suffer from various ailments such as arthritis and back pain. This graceful, but athletic exercise will promote balance in anybody's hectic life! Wear comfortable, loose fitting clothing and flat sole shoes. To achieve best results, students are strongly encouraged to register for both days.

10 Sessions \$69.00

Instructor: Louise Liu			
159965 Germantown CC	9/11	M	9:00am-10:00am
159967 Germantown CC	9/15	F	9:00am-10:00am

Wellness

NEW Elite Minds-Get in the Zone

Ages 10-12: Learn from a sport psychologist how to increase confidence while playing your sport. You will leave understanding the importance of communication and how you can control your mind to enhance your performance. Learn how to recover from mistakes quickly, successful goal setting, leadership, and breathing techniques. (Note- Parents are encouraged to attend and will learn how to communicate effectively with their athlete.) \$5 Material Fee due to instructor at class. Questions call: Robert W.H. Price at 240-899-2006

4 Sessions \$64.00

Instructor: Robert W.H. Price			
158263 Bauer Drive CC	9/11	M	6:15pm- 7:15pm
158262 Germantown CC	9/14	Th	6:15pm- 7:15pm
158264 Damascus CRC	9/16	Sa	2:15pm- 3:15pm
158266 Bauer Drive CC	10/23	M	6:15pm- 7:15pm
158265 Germantown CC	10/26	Th	6:15pm- 7:15pm
158267 Damascus CRC	10/28	Sa	2:15pm- 3:15pm

NEW Elite Mind-Stay in The Zone

Ages 13-15: Learn from a sport psychologist how to increase confidence while playing your sport. You will leave understanding the importance of communication and how you can control your mind to enhance your performance. This series will assist you in maintaining consistency in your sport of choice. Learn how to recover from mistakes quickly, successful goal setting, leadership, and breathing techniques. (Note- Parents are encouraged to attend and will learn how to communicate effectively with their athlete.) \$5 Material Fee due to instructor at class. Questions call: Robert W.H. Price at 240-899-2006

4 Sessions \$64.00

Instructor: Robert W.H. Price			
158270 Bauer Drive CC	9/11	M	5:00pm- 6:00pm
158268 Germantown CC	9/14	Th	5:00pm- 6:00pm
158269 Damascus CRC	9/16	Sa	1:00pm- 2:00pm
158271 Bauer Drive CC	10/23	M	5:00pm- 6:00pm
158272 Germantown CC	10/26	Th	5:00pm- 6:00pm
158273 Damascus CRC	10/28	Sa	1:00pm- 2:00pm



★NEW★ Elite Mind-Mind Power! Stay in the Zone

Ages 16&Up: Learn from a sport psychologist how to increase confidence while playing your sport. You will leave understanding the importance of communication and how you can control your mind to enhance your performance. This series will assist you in maintaining consistency in your sport of choice. Learn how to recover from mistakes quickly, successful goal setting, leadership, and breathing techniques. You will also learn how to transition these skills from sport to life as you strive for success. \$5 Material Fee due to instructor at class. Questions call: Robert W.H. Price at 240-899-2006

4 Sessions **\$64.00**

Instructor: Robert W.H. Price

158274	Bauer Drive CC	9/11	M	7:30pm- 8:30pm
158275	Germantown CC	9/14	Th	7:30pm- 8:30pm
158276	Damascus CRC	9/16	Sa	3:30pm- 4:30pm
158277	Bauer Drive CC	10/23	M	7:30pm- 8:30pm
158278	Germantown CC	10/26	Th	7:30pm- 8:30pm
158279	Damascus CRC	10/28	Sa	3:30pm- 4:30pm



Massage Institute I Back Massage

Ages 18&Up: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class. Question call Doug Schwanke at 301-774-7184 or email at doug_s@x.netcom.com

1 Session **\$31.00**

Instructor: Douglas Schwanke

158352	Potomac CC	9/9	Sa	10:30am-12:00pm
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Massage Institute II Foot Massage

Ages 18&Up: Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class. Question call Doug Schwanke at 301-774-7184 or email at doug_s@x.netcom.com

1 Session **\$31.00**

Instructor: Douglas Schwanke

158353	Potomac CC	10/21	Sa	10:30am-12:00pm
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★NEW★ Nutrition- How to Kick the Sugar Cravings

Ages 16&Up: Do you find yourself in a constant struggle to conquer your cravings for sweets? The *Sugar Blues* have gotten a hold of you if you are prone to mood swings, crave sweets and can't get a handle on your weight. Get the tools to combat the *Sugar Blues*. You will learn why and how to reduce your dependence on sugar; with delicious snack ideas, a few tasty treats and recipes that will make you forget about wanting high-sugar foods. Interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrate fitness, psychology and nutrition to balance mind, body and spirit.

1 Session **\$32.00**

Instructor: Linda Petursdottir

160533	Leland CC	10/24	Tu	6:00pm- 8:00pm
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★NEW★ Nutrition-Holidays the Healthy Way

Ages 16&Up: Is it hard for you to keep your health and wellness goals on track over the holidays? Do extra social events, tempting treats, after-work shopping, travelling out of town divert you from your best intentions? Here's your chance to acquire tips and tools that will get you through the holidays. You'll leave this workshop armed with ideas and information for your unique situations. Interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrate fitness, psychology and nutrition to balance mind, body and spirit.

1 Session **\$32.00**

Instructor: Linda Petursdottir

160534	Leland CC	11/14	Tu	6:00pm- 8:00pm
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★NEW★ Nutrition-Supersize Your Energy

Ages 16&Up: Supersize your energy--with foods that keep you vibrant all day. Do you struggle getting out of bed in the morning? Are you drifting in the afternoon, feeling like you are going to fall asleep? Do you have the best intentions of doing fun activities after work but collapse in front of the TV? The food you eat and the lifestyle choices you make have a tremendous effect on how you feel. Learn how food affects you, and ten strategies for getting more energy and focus to stay on top of your life. Interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrate fitness, psychology and nutrition to balance mind, body and spirit.

1 Session **\$32.00**

Instructor: Linda Petursdottir

160535	Leland CC	12/12	Tu	6:00pm- 8:00pm
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★NEW★ Nutritional Steps For Life

Ages 16&Up: Do you want to lose weight, get fit or just learn how to live a healthier life through nutrition and fitness? Philbin's will help you meet your goals. This workshop gives you individualized attention. Includes body composition assessment, personal nutrition and meal plans, fitness assessments and guidelines. Stress management guidance too! Class trip to the grocery store and healthy cooking class included. Leave with a personal plan that will guarantee your success in a healthier lifestyle. Just in time for the holidays! Questions: Call 301-527-0500 or email at kmorris@philbinsATC.com

12 Sessions **\$240.00**

Instructor: Philbin's Family Fitness Center

159652	Philbin's Family Fitness	9/25	M, W	7:00pm- 8:00pm
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★NEW★ Qi Gong- Introduction

Ages 18&Up: Relax your body, calm your mind, and refresh your heart with a series of graceful movements that stimulate the flow of energy. Sometimes called Chinese Yoga, Qi Gong consists of easy-to-learn, graceful movements that are easy-to-do and suitable for all ages and abilities. Through regular practice of Qi Gong discover a way to relax and enhance your health, happiness and overall well-being. Classes are conducted in an informal, relaxed manner by trained Qi Gong instructor. Wear nonrestrictive clothing.

11 Sessions **\$100.00**

Instructor: Michael Kornely

162307 Holiday Park SrC 9/20 W 7:15pm- 8:30pm

Qi Gong: A Different Exercise

Ages 18&Up: Beginner: Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

8 Sessions **\$87.00**

Instructor: Bob Kramer

160806 Germantown CC 9/19 Tu 7:00pm- 8:30pm

**Qi Gong-Continuing Students**

Ages 18&Up: Practiced for thousands of years in China for health and longevity it is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor.

8 Sessions **\$60.00**

Instructor: Bob Kramer

160807 Germantown CC 9/19 Tu 7:00pm- 8:30pm

★NEW★ Pre Natal Yoga

Ages 16&Up: Increase your joy and wellbeing as life grows within you. Instruction in breathing and relaxation techniques, stretching and toning of muscles used during labor and delivery, techniques to relieve lower back pain and other common pregnancy discomforts and posture awareness. A safe and nurturing experience for women in all stages of pregnancy. Wear comfortable clothing and bring a mat, 2 pillows, yoga strap and a blanket to class. Questions call Vionna at 202-423-7445 or vionna@fitindc.com

6 Sessions **\$45.00**

Instructor: Vionna Jones

159202 Potomac CC 9/7 Th 11:00am-12:00pm

159203 Potomac CC 10/26 Th 11:00am-12:00pm

**★NEW★ Integrative Yoga I**

Ages 16&Up: Start your day by tuning the mind to be in the present instead of worrying about yesterday and tomorrow! Through body and breath awareness students will understand the practical application of yoga as a way of life so techniques may be applied through out the day or week. Meditative asanas (postures) and will be followed by pranayama (breathing exercises) and a short meditation. 15 mins. of theory. Questions email anjikumar@yahoo.com

13 Sessions **\$125.00**

Instructor: Anjali Kumar

159353 Germantown CC 9/5 Tu 6:15am- 7:30am

★NEW★ Integrative Yoga II

Ages 16&Up: For students who have or are currently taking yoga and are looking for new techniques to enhance their practice at the mental and spiritual level. Be prepared to do 'out of the ordinary' yoga-not just postures! Students will progress into techniques of mental awareness and developing Drashta (witness). Mantras (cosmic sounds) will be practiced to focus and quiet the mind. The art of abhyas or practice and its significance in steady spiritual growth will be emphasized. 15 minutes of theory. Question email at anjikumar@yahoo.com

14 Sessions **\$135.00**

Instructor: Anjali Kumar

159352 Germantown CC 9/7 Th 6:15am- 7:30am

★NEW★ Gentle Yoga

Ages 16&Up: Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Designed for adults of any age including seniors and those with minor physical ailments. Gentle Yoga allows the student to take a slower approach to beginning yoga. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor with any questions at 202-674-2411 or clg@pobox.com

10 Sessions **\$79.00**

Instructor: Christine Guthrie

158652 Bauer Drive CC 9/19 Tu 6:00pm- 7:00pm



★NEW★ Yoga Basics

Ages 16&Up: Introduces beginning and continuing students to yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor with any questions at 202-674-2411 or clg@pobox.com

10 Sessions **\$99.00**
 Instructor: Christine Guthrie
 158653 Bauer Drive CC 9/19 Tu 7:15pm- 8:30pm

Hatha Yoga

Ages 16&Up: Beginning and continuing students are welcome. Yoga is an ancient and systematic approach to good health and wellbeing that helps to reduce stress, improve concentration and develop strength, flexibility and balance. Includes instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Wear nonrestrictive clothing and bring a mat/blanket to class. Question email at mercedita@verizon.net

9 Sessions **\$79.00**
 Instructor: Mercedes Santos
 158260 Long Branch CC 9/19 Tu 6:30pm- 7:45pm

★NEW★ Hatha Yoga Continuing

Ages 16&Up: Continuing students. This class is designed for those who have or are currently practicing yoga. The basic poses will be refined with an emphasis on further developing arm and leg strength, shoulder and hip flexibility, and overall stamina. Study of the back bends will be deepened, and inversions will be introduced. Please contact the instructor at mercedita@verizon.net for further information.

9 Sessions **\$79.00**
 Instructor: Mercedes Santos
 159256 Long Branch CC 9/20 W 6:30pm- 7:45pm

Hatha Yoga with Rudra

Ages 16&Up: Basic beginner's level class; continuing students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

12 Sessions **\$140.00**
 Instructor: Rudra Tyson
 161002 Norbeck-Mncstr Mill NP 9/11 M 7:00pm- 8:30pm
 161003 Norbeck-Mncstr Mill NP 9/14 Th 7:00pm- 8:30pm

Hatha Yoga with Rudra, Cont.

Ages 16&Up: Continuing Students & Beginners welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

12 sessions **\$140.00**
 Instructor: Rudra Tyson
 165693 Bauer Dr. CC 9/9 Sat 12:30pm-2:00pm



Learn to melt stress away in a yoga class today.

**Hatha Yoga and Stress Management**

Ages 18&Up Beginner : Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

13 Sessions **\$113.00**
 Instructor: Suzana Cooper
 160804 Leland CC 9/15 F 10:30am-11:30am

Hatha Yoga and Stress Management 2

Ages 18&Up: Intermediate/Advanced: Prerequisite- beginner class with Cooper.

13 Sessions **\$142.00**
 Instructor: Suzana Cooper
 160805 Leland CC 9/15 F 9:15am-10:30am

★NEW★ Yoga I

Ages 16&Up: Introduces new and continuing students to the fundamental principles of alignment and breath in the basic standing poses. Emphasis will be on strengthening and stretching the legs and back and opening the hips and shoulders. Breath awareness and relaxation will be practiced in each class. Wear nonrestrictive clothing, and bring a sticky yoga mat and/or a blanket to each class. Questions email Carolyn at carolyn@powerinmotioncoaching.com

11 Sessions **\$105.00**
 Instructor: Carolyn Smith
 159968 Damascus CRC 9/19 Tu 7:00pm- 8:15pm
 159969 Damascus CRC 9/21 Th 7:00pm- 8:15pm

Yoga Workshop

Ages 16&Up Mixed levels. Increase your agility and strength through an integrated series of physical postures, breathing exercises and deep relaxation. Instructor is a registered yoga therapist, sensitive to individual needs. Wear nonrestrictive clothing, bring blanket/mat. Bienvenido a hispanohablantes.

12 Sessions **\$103.00**
 Instructor: Eva Greene
 159354 Leland CC 9/19 Tu 7:30pm- 8:30pm

10 Sessions **\$86.00**
 Instructor: Eva Greene
 159356 Gwendolyn Coffield CC 9/22 F 9:30am-10:30am

Vini Yoga

Ages 16&Up: Mixed levels: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing.

12 Sessions **\$114.00**
 Instructor: Patricia Miller
 159657 Potomac CC 9/21 Th 9:15am-10:30am
 159658 Potomac CC 9/21 Th 6:30pm- 7:45pm

Vini Yoga Intermediate

Ages 16&Up: Intermediate: Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat and wear comfortable clothing.

12 Sessions \$114.00

Instructor: Patricia Miller

159656 Potomac CC 9/18 M 6:30pm- 7:45pm

Vini Easy Going Yoga

For Seniors and All Others 16&Up: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation. Bring a mat/towel and wear comfortable clothing.

12 Sessions \$114.00

Instructor: Patricia Miller

159661 Potomac CC 9/21 Th 10:45am-12:00pm

Vini Yoga with Moira Martin

Ages 16&Up: Mixed levels: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing.

12 Sessions \$114.00

Instructor: Moira Martin

160803 Leland CC 9/14 Th 9:30am-10:45am

Martial Arts for Youth & Adults

Karate/Jujitsu

Ages 6-12: (Students must be 6 at the start of class) Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advance students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES. At all other sites beginners may attend the later time.

12 Sessions \$57.00

Instructor: Company Staff: TKA, Inc.

159715 Longwood CC 9/25 M 7:00pm- 8:00pm

13 Sessions \$62.00

Instructor: Company Staff: TKA, Inc.

159716 Upper County CC 9/18 M 6:00pm- 7:00pm

159717 Upper County CC 9/18 M 7:00pm- 8:00pm

159718 Wheaton CC 9/18 M 7:00pm- 8:00pm

159719 Germantown CC 9/19 Tu 7:00pm- 8:00pm

159728 Fairland CC 9/21 Th 6:00pm- 7:00pm

159729 Fairland CC 9/21 Th 7:00pm- 8:00pm

159730 DuFief ES 9/21 Th 6:00pm- 7:00pm

159731 DuFief ES 9/21 Th 7:00pm- 8:00pm

159732 Poole, John MS 9/21 Th 7:00pm- 8:00pm

159733 Rolling Terrace ES 9/21 Th 6:00pm- 7:00pm

159734 Rolling Terrace ES 9/21 Th 7:00pm- 8:00pm

159735 Bethesda ES 9/21 Th 7:00pm- 8:00pm

14 Sessions \$66.00

Instructor: Company Staff: TKA, Inc.

159720 Damascus CRC 9/20 W 7:00pm- 8:00pm

159721 Bauer Drive CC 9/20 W 6:00pm- 7:00pm

159722 Bauer Drive CC 9/20 W 7:00pm- 8:00pm

159723 Potomac CC 9/20 W 7:00pm- 8:00pm

159724	Resnik, Judith A. ES	9/20	W	6:00pm- 7:00pm
159725	Resnik, Judith A. ES	9/20	W	7:00pm- 8:00pm
159726	Clara Barton CC	9/20	W	7:00pm- 8:00pm
159727	Stedwick ES	9/20	W	7:00pm- 8:00pm

**Karate/Jujitsu Adults**

Ages 13&Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students. New students accepted before the 3rd class of each session.

13 Sessions \$79.00

Instructor: Company Staff: TKA, Inc.

159702 Upper County CC 9/18 M 8:00pm- 9:30pm

159703 Wheaton CC 9/18 M 8:00pm- 9:30pm

159704 Germantown CC 9/19 Tu 8:00pm- 9:30pm

159710 Bethesda ES 9/21 Th 8:00pm- 9:30pm

159711 Fairland CC 9/21 Th 8:00pm- 9:30pm

159712 DuFief ES 9/21 Th 8:00pm- 9:30pm

159713 Rolling Terrace ES 9/21 Th 8:00pm- 9:30pm

14 Sessions \$85.00

Instructor: Company Staff: TKA, Inc.

159705 Damascus CRC 9/20 W 8:00pm- 9:30pm

159706 Bauer Drive CC 9/20 W 8:00pm- 9:30pm

159707 Clara Barton CC 9/20 W 8:00pm- 9:30pm

159708 Potomac CC 9/20 W 8:00pm- 9:30pm

159709 Stedwick ES 9/20 W 8:00pm- 9:30pm

Karate/Jujitsu Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

13 Sessions \$45.00

Instructor: Company Staff: TKA, Inc.

162990 Holiday Park SrC 9/22 F 7:00pm- 9:00pm

Aikido

Ages 10&Up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life, be nonaggressive without being a victim, coordinate mind and body and deal effectively with stress and tension. Emphasis on Ki development. All courses are for beginners. 158958 for beginners to intermediate.

10 Sessions \$71.00

Instructor: Christopher Rowe

158958 Newport School 9/21 Th 7:30pm- 9:00pm

165643 Newport School 9/19 Tu, Th 6:00pm-7:30pm

165644 Newport School 9/19 Tu 7:30pm-9:00pm

6 sessions \$43

165645 Newport School 9/23 Sa 1:00pm-2:30pm





Kendo-Beginner

Ages 12&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email tsir.office@verizon.net

9 Sessions \$63.00
Instructor: Shiro Shintaku
158956 Tilden MS 9/21 Th 7:15pm- 8:15pm

Kendo-Intermediate

Ages 14&Up: Pre-requisite, beginners class with Shiro Shintaku. Questions email tsir.office@verizon.net

9 Sessions \$63.00
Instructor: Shiro Shintaku
158957 Tilden MS 9/21 Th 8:30pm- 9:30pm

Shodo

Ages 12&Up Beginner/Intermediate: Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. Optional to purchase \$25 materials from instructor. An excellent compliment to Kendo. Questions email tsir.office@verizon.net

9 Sessions \$63.00
Instructor: Shiro Shintaku
158955 Tilden MS 9/21 Th 6:00pm- 7:00pm

Hapkido

Ages 13&Up: Hapkido, meaning the way of power and coordination, is a 14th century martial art emphasizing kicking and punching as well as joint locks, throws, chokes, and the use of pressure points. Hapkido allows the defender to have complete control with a minimum amount of effort.

10 Sessions \$80.00
Instructor: Jin Pal Hapkido Martial Arts Academy
164348 Jin Pal Hapkido Martial Arts 9/18M 7:30pm- 8:30pm

Women's Self Defense

Ages 16&Up: Get ready to get back your independence and self confidence with this practical self defense program designed specifically for women. Using the principles of the Korean art of Hapkido, women, will discover and practice basic moves and techniques for self protection, while increasing their fitness potential. You'll know what to do if challenged and be able to execute a proper and accurate counter assault. Gain the freedom to go anywhere and do anything with poise and self assurance!

8 Sessions \$60.00
Instructor: Jin Pal Hapkido Martial Arts Academy
164349 Jin Pal Hapkido Martial Arts 9/19Tu 7:30pm- 8:30pm
164350 Jin Pal Hapkido Martial Arts 9/20W 12:00pm- 1:00pm



Gain confidence in our Women's Self Defense class.

Instructional Sports

Philbin's Athletic Training Speed & Agility

Ages 12-18: Focus on increasing sprint speed, athletic agility and power development. Emphasis will be placed on the start, acceleration / deceleration, change in direction, transition, maximum speed and velocity and building sports specific strength endurance. Proper bio-mechanics in sprinting taught. Questions call 301-527-0500 or email at kmorris@PhilbinsATC.com

6 Sessions \$120.00
Instructor: Philbin's Family Fitness
159653 Philbin's Family Fitness 9/27 W 7:00pm- 8:00pm

Gymnastics Tumbling Format

Ages 3-6: Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions \$68.00
Instructor: Denise Schattenberg
159955 Upper County CC 9/25 M 1:45pm- 2:30pm
159956 Longwood CC 9/28 Th 1:45pm- 2:30pm

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 activity fee due to instructor. Competitive techniques of both singles and doubles play.

9 Sessions \$70.00
Instructor: Gary Chao
159742 Bauer Drive CC 9/30 Sa 9:30am-10:30am



Badminton Intermediate/Advanced

Ages 13&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 activity fee due to instructor.

9 Sessions \$117.00
Instructor: Gary Chao
159741 Bauer Drive CC 9/30 Sa 10:30am- 1:00pm

**Registration begins on Monday,
August 14.**

Fencing Beginner I

Fencing is a serious sport which requires focus, concentration and attention. Parents of younger students are strongly advised to talk with their child about whether they will enjoy this rigorously disciplined sport. Beginner: Basic foil techniques. Equipment provided: foil, mask, and jacket. Class updates are available on the Potomac class at www.fencer.com. No age exceptions. \$15 material fee due to instructor.

10 Sessions **\$97.00**

Ages 13&Up:

Instructor: Raymond Finkleman
159002 Potomac CC 9/14 Th 6:30pm- 7:30pm

10 Sessions **\$97.00**

Ages 9&Up:

Instructor: Gitty Mohebban
159003 Frost, Robert MS 9/18 M 5:30pm- 6:30pm
159005 Damascus CRC 9/20 W 5:30pm- 6:30pm
159004 Wood MS 9/22 F 5:30pm- 6:30pm



Fencing Beginner II

Ages 9&Up: Advanced Beginner: Curriculum will be student skill dependent. \$15 material fee due to instructor.

10 Sessions **\$97.00**

Instructor: Gitty Mohebban
159744 Frost, Robert MS 9/18 M 6:30pm- 7:30pm
159745 Damascus CRC 9/20 W 6:30pm- 7:30pm
159743 Wood MS 9/22 F 6:30pm- 7:30pm

Fencing Intermediate

More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. Class updates for the Potomac class are available at www.fencer.com.

Note: ages differ for each class and are below. No age exceptions. \$15 material fee due to the instructor.

10 Sessions **\$97.00**

Ages 13&Up:

Instructor: Raymond Finkleman
159746 Potomac CC 9/14 Th 7:30pm- 8:30pm

10 Sessions **\$97.00**

Ages 9&Up:

Instructor: Gitty Mohebban
159748 Frost, Robert MS 9/18 M 7:30pm- 8:30pm
159747 Wood MS 9/22 F 7:30pm- 8:30pm

Fencing Practices and Club

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. Updates for the Potomac class are available at www.fencer.com. No age exceptions will be granted. \$15 material fee due to the instructor.

10 Sessions **\$97.00**

Ages 13&Up:

Instructor: Raymond Finkleman
159749 Potomac CC 9/14 Th 8:30pm-10:00pm

10 Sessions **\$97.00**

Ages 9&Up:

Instructor: Gitty Mohebban
159750 Bauer Drive CC 9/30 Sa 1:00pm- 2:30pm

Recreational Basketball

Ages 18&Up: Supervised free play in basketball, continues throughout the school year.

12 Sessions **\$54.00**

Instructor: Stanley E. Kensky
158954 White Oak MS 8/28 M 6:00pm- 8:00pm

Tiny Tots

Please Note: When MCPS announces that openings are delayed, all morning and afternoon *Tiny Tot* Classes will not meet. For updates, please call our Inclement Weather Line, 240-777-6889.



Baby Signs teaches babies to use simple, easy to do gestures for communicating.

Baby Signs®

Ages 6-22 months: Wouldn't it be neat if you knew what your baby was saying before he/she could talk! That's only one of the aspirations of this fun filled class. Lots of signing, singing and dancing activities provide important skill and sensory motor development. As children play, they integrate simple signs with their daily activity schedules. All action is teacher and bear, Beebo the Baby Signs Bear, directed for fabulous enjoyment for all! All participants are required to purchase a Sign, Say & Play Kit, loaded with fascinating resources that enable continued learning and fun at home.

The kit will be available for purchase at the first class or contact the instructor about purchase. Adult participation required. Call Andrea at 301-642-9300 or Maureen at 240-447-3152 for more information.

Save time, register online
www.montgomerycountymd.gov/rec

Baby Signs® with Andrea**6 Sessions****\$95.00**

Instructor: Andrea Benedick

160714	Ross Boddy CC	9/18	M	4:00pm- 4:45pm
160715	Ross Boddy CC	9/18	M	5:00pm- 5:45pm
160716	Upper County CC	9/20	W	9:30am-10:15am
160717	Upper County CC	9/20	W	10:15am-11:00am
160712	Potomac CC	9/22	F	3:30pm- 4:15pm
160719	Upper County CC	11/1	W	9:30am-10:15am
160752	Potomac CC	11/3	F	3:30pm- 4:15pm
160718	Ross Boddy CC	11/6	M	4:00pm- 4:45pm

Baby Signs® by Maureen**6 Sessions****\$95.00**

Instructor: Maureen Graham

162502	Gwendolyn Coffield CC	9/18	M	9:45am-10:30am
162503	Gwendolyn Coffield CC	9/18	M	10:30am-11:15am
162504	Leland CC	9/20	W	1:00pm- 1:45pm
162505	Leland CC	9/20	W	2:00pm- 2:45pm
162506	Fairland CC	9/22	F	10:30am-11:15am
162507	Fairland CC	9/22	F	11:15am-12:00pm
162510	Fairland CC	11/3	F	11:15am-12:00pm
162508	Gwendolyn Coffield CC	11/6	M	9:45am-10:30am
162509	Leland CC	11/8	W	2:00pm- 2:45pm

NEW More Baby Signs® with Andrea

Ages 6-22 months: Prerequisite Baby Signs . All the fun signing, singing and dancing activities that you and your baby enjoyed in Baby Signs plus all new action with 40 new signs! Wait until you and your baby see the contents of the new Sign, Say & Play Kit, purchase required, which includes a plush Bebo, a Bebo playhouse, DVD, song book, board book and a CD of all of Bebo's songs for \$70. Adult participation required. Call 301-642-9300 for more information.

6 Sessions**\$95.00**

Instructor: Andrea Benedick

160753	Potomac CC	9/22	F	4:30pm- 5:15pm
160721	Upper County CC	11/1	W	5:00pm- 5:45pm
160722	Potomac CC	11/3	F	4:30pm- 5:15pm
160720	Ross Boddy CC	11/6	M	5:00pm- 5:45pm

More Baby Signs® by Maureen**6 Sessions****\$95.00**

Instructor: Maureen Graham

162513	Fairland CC	11/3	F	10:30am-11:15am
162511	Gwendolyn Coffield CC	11/6	M	10:30am-11:15am
162512	Leland CC	11/8	W	1:00pm- 1:45pm

Mama Goose on the Loose

Ages 6-17 months & 18months-3years: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required.

8 Sessions**\$68.00**

Instructor: Laura Lunking

Ages 18 months-3 years:

160755	Bauer Drive CC	9/21	Th	9:45am-10:30am
160757	Norbeck-Mncstr Mill NP	9/22	F	9:45am-10:30am

Ages 6-17 months:

160756	Bauer Drive CC	9/21	Th	10:45am-11:30am
160758	Norbeck-Mncstr Mill NP	9/22	F	10:45am-11:30am

**Art Adventures**

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! New fall price includes all materials! Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

8 Sessions**\$73.00**

Instructor: Sharon Lande

160723	Leland CC	9/19	Tu	10:15am-11:00am
160724	Leland CC	9/19	Tu	11:00am-11:45am
160725	Leland CC	9/20	W	10:00am-10:45am
160726	Leland CC	9/20	W	11:30am-12:15pm
160727	Leland CC	9/20	W	1:00pm- 1:45pm
160728	Potomac CC	9/21	Th	9:30am-10:15am
160729	Potomac CC	9/21	Th	10:15am-11:00am

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$26 material fee due to instructor. Adult participation required.

8 Sessions**\$58.00**

Instructor: Tiny Hands

163314	Germantown CC	9/18	M	9:30am-10:15am
163315	Potomac CC	9/18	M	10:00am-10:45am
163316	Potomac CC	9/18	M	11:00am-11:45am
163317	Damascus CRC	9/18	M	10:15am-11:00am
163318	Wheaton CC	9/19	Tu	9:30am-10:15am
163319	Wheaton CC	9/19	Tu	10:15am-11:00am
163320	Germantown CC	9/19	Tu	9:30am-10:15am
163321	Germantown CC	9/19	Tu	10:30am-11:15am
163322	Leland CC	9/19	Tu	1:00pm- 1:45pm
163323	Germantown CC	9/20	W	9:30am-10:15am
163324	Germantown CC	9/20	W	10:30am-11:15am
163325	Bauer Drive CC	9/20	W	10:30am-11:15am
163326	Longwood CC	9/20	W	10:15am-11:00am
163327	Bauer Drive CC	9/20	W	1:00pm- 1:45pm
163328	Potomac CC	9/20	W	1:00pm- 1:45pm
163329	Damascus CRC	9/21	Th	10:15am-11:00am
163330	Fairland CC	9/21	Th	10:00am-10:45am
164603	Quince Orchard Vly NP	9/21	Th	10:00am-10:45am
163331	Longwood CC	9/21	Th	9:30am-10:15am
163332	Longwood CC	9/21	Th	10:30am-11:15am
163333	Potomac CC	9/22	F	10:00am-10:45am
163334	Potomac CC	9/22	F	11:00am-11:45am
163335	Bauer Drive CC	9/23	Sa	9:30am-10:15am
163336	Germantown CC	9/23	Sa	10:15am-11:00am



Tiny Tots classes allow parents and children to participate in activities together.

Abrakadoodle Twoosy Doodlers

Ages 20-36 months: A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and moms and helpers get to play too. \$25 material fee due to instructor.

4 Sessions \$35.00

Instructor: Abrakadoodle®

163346	Leland CC	9/16	Sa	10:00am-10:40am
163345	Gwendolyn Coffield CC	9/19	Tu	10:00am-10:40am
164393	Potomac CC	9/21	Th	4:00pm- 4:40pm
163347	Gwendolyn Coffield CC	10/17	Tu	10:00am-10:40am
164394	Potomac CC	10/19	Th	4:00pm- 4:40pm
163348	Leland CC	10/28	Sa	10:00am-10:40am

Abrakadoodle Mini Doodlers

Ages 3-6: Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. \$25 material fee due to instructor.

4 Sessions \$35.00

Instructor: Abrakadoodle®

163339	Leland CC	9/16	Sa	12:00pm-12:45pm
163340	Wheaton CC	9/16	Sa	12:00pm-12:45pm
165593	Gwendolyn Coffield CC	9/19	Tu	11:00am-11:40am
165594	Gwendolyn Coffield CC	10/17	Tu	11:00am-11:40am
163338	Potomac CC	9/21	Th	5:00pm- 5:45pm
163342	Potomac CC	10/19	Th	5:00pm- 5:45pm
163343	Leland CC	10/21	Sa	12:00pm-12:45pm
163344	Wheaton CC	10/21	Sa	12:00pm-12:45pm

**Messes and Masterpieces**

Ages 2-5: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. Weather permitting, we may take advantage of the outdoors so keep a hat and/or sunscreen handy. \$15 material fee due to instructor. Adult participation required.

8 Sessions \$58.00

Instructor: Joan E. Clowes

160734	Longwood CC	9/18	M	10:00am-10:45am
160735	Longwood CC	9/18	M	11:00am-11:45am
160736	Potomac CC	9/19	Tu	10:00am-10:45am
160737	Potomac CC	9/19	Tu	11:00am-11:45am
160738	Potomac CC	9/20	W	10:00am-10:45am
160739	Potomac CC	9/20	W	11:00am-11:45am

Time Out for Twos

Ages 24-36 months: Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more! Activities are teacher directed. Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

8 Sessions \$58.00

Instructor: Catherine Bodine

162516	Leland CC	9/18	M	9:30am-10:15am
162517	Leland CC	9/18	M	10:30am-11:15am

Busy Bees

Ages 2½-4: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

8 Sessions \$77.00

Instructor: Catherine Bodine

162514	Leland CC	9/18	M	11:30am-12:30pm
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NEW Hand & Finger Print Art & More

18 months-4 years: All fingers are pointed at this handy way to create and play! Join Mommy and Me for this fun filled exploration of colors, shapes and textures. Using paints, glue, glitter and more in a safe and friendly environment filled with stories, finger plays and songs, let your child's imagination soar! Together, you and your child will create amazing art to treasure forever! Price includes all materials. Adult participation required.

8 Sessions \$98.00

Instructor: Rochelle Fernandez

162453	Capital View-Hmwd LP	9/20	W	9:30am-10:15am
164494	Longwood CC	9/21	Th	2:30pm- 3:15pm

NEW Alphabet Zoup

Ages 2-4: A is for Apple, B is for Boy...this class your child is sure to enjoy! Songs, finger plays, stories, fun crafts and more are fantastic ways to explore! With Mommy and Me the alphabet is fun and new. A wonderful time for your special friend and you. Let's open the door and turn the key. Come and "C" what great fun it will be! Price includes all materials. Adult participation required.

8 Sessions \$98.00

Instructor: Rochelle Fernandez

162452	Capital View-Hmwd LP	9/18	M	9:30am-10:15am
164493	Longwood CC	9/21	Th	1:30pm- 2:15pm

NEW Mommy, You and Me Makes Three

Ages 2-3: Join us for circle time, stories, songs, finger plays and art which all revolve around an exciting theme. Each day will incorporate special activities designed to enrich your child's social development, language and gross/fine motor skills. *Mommy and Me* offers all of this in a small group setting and a caring and nurturing environment. There's so much to do that we need two days per week to experience all of the fun! Price includes all materials. Adult participation required.

8 Sessions \$118.00

Instructor: Rochelle Fernandez

162403	Capital View-Hmwd LP	10/30	M, W	10:30am-11:30am
162402	Capital View-Hmwd LP	9/18	M, W	10:30am-11:30am



Save time, register online

www.montgomerycountymd.gov/rec



Tiny Hands Chefs

Ages 3½-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$30 material fee due to instructor. Adult participation required. Calling all siblings or older chefs! Class 149192 is brand new and just for you! Ages 4-12 will create marvelous masterpieces and decadent delicacies. See the new *Cooking for Kids* class for adults in the *Cooking* section, pg. 44.

6 Sessions \$59.00

Instructor: Tiny Hands

163221	Longwood CC	10/3	Tu	1:30pm- 2:30pm
163222	Bauer Drive CC	10/4	W	4:15pm- 5:15pm
163223	Germantown CC	10/7	Sa	11:30am-12:30pm
163220	Potomac CC	10/9	M	1:15pm- 2:15pm

Little Linguists I & II

Ages 1½-6: Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$5 material fee due to instructor. Adult participation required. For more info, please call 301-654-4886.

Ages 1½-2:

Instructor: Sandra Aresta

9 Sessions \$72.00

164233	Leland CC	9/16	Sa	9:45am-10:30am
164236	Bauer Drive CC	9/18	M	9:45am-10:30am
164237	Upper County CC	9/18	M	9:45am-10:30am
164238	Potomac CC	9/19	Tu	10:00am-10:45am
164239	Tilden Woods LP	9/19	Tu	9:45am-10:30am
164543	Fairland CC	9/19	Tu	9:45am-10:30am
164225	Clara Barton CC	9/20	W	9:45am-10:30am
164240	North Chevy Chase LP	9/20	W	9:45am-10:30am
164241	Wheaton CC	9/21	Th	10:15am-11:00am
164242	Gilchrist Center	9/21	Th	9:45am-10:30am
164244	Germantown CC	9/22	F	9:45am-10:30am
164228	Leland CC	9/22	F	9:45am-10:30am
164246	Leland CC	9/22	F	10:45am-11:30am
164243	Gwendolyn Coffield CC	9/22	F	9:45am-10:30am

Ages 3-6: For more info, please call 301-654-4886.

9 Sessions \$72.00

Instructor: Sandra Aresta

164258	Leland CC	9/16	Sa	10:45am-11:30am
164245	Bauer Drive CC	9/18	M	10:45am-11:00am
164247	Upper County CC	9/18	M	10:45am-11:00am
164248	Potomac CC	9/19	Tu	10:45am-11:00am
164249	Tilden Woods LP	9/19	Tu	10:45am-11:00am
164250	Fairland CC	9/19	Tu	10:45am-11:00am

164251	Clara Barton CC	9/20	W	10:45am-11:00am
164252	North Chevy Chase LP	9/20	W	10:45am-11:00am
164253	Gilchrist Center	9/21	Th	10:45am-11:00am
164254	Wheaton CC	9/21	Th	11:00am-11:45am
164255	Germantown CC	9/22	F	10:45am-11:30am
164256	Leland CC	9/22	F	11:30am-12:15pm
164257	Gwendolyn Coffield CC	9/22	F	10:45am-11:30am

NEW Little Linguists III-Siblings & Friends

Ages 2-6: For more info, please call 301-654-4886.

9 Sessions \$72.00

Instructor: Sandra Aresta

164259	Longwood CC	9/18	M	3:00pm- 3:45pm
164264	Norwood LP	9/18	M	3:45pm- 4:30pm
164260	Bauer Drive CC	9/19	Tu	3:00pm- 3:45pm
164261	Potomac CC	9/20	W	3:00pm- 3:45pm
164262	Wheaton CC	9/21	Th	3:00pm- 3:45pm
164263	Germantown CC	9/22	F	3:00pm- 3:45pm

NEW Little Linguists Mini

Ages 2-6: Come and bring your siblings and friends and join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$5 material fee due to instructor. Adult participation required. For more info, please call 301-654-4886.

3 Sessions \$32.00

Instructor: Sandra Aresta

164271	Leland CC	12/2	Sa	9:45am-10:30am
164265	Bauer Drive CC	12/4	M	9:45am-10:30am
164266	Tilden Woods LP	12/5	Tu	9:45am-10:30am
164267	Clara Barton CC	12/6	W	9:45am-10:30am
164268	Wheaton CC	12/7	Th	10:15am-11:00am
164269	Leland CC	12/8	F	9:45am-10:30am
164270	Germantown CC	12/8	F	9:45am-10:30am

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

9 Sessions \$105.00

Instructor: Music for Life

164224	Norbeck-Mncstr Mill NP	9/19	Tu	11:15am-12:00pm
164143	Upper County CC	9/21	Th	9:15am-10:00am
164144	North Chevy Chase LP	9/22	F	9:00am- 9:45am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

9 Sessions \$105.00

Instructor: Music for Life

164197	Camp Seneca LP	9/18	M	10:15am-11:00am
164198	Camp Seneca LP	9/18	M	11:15am-12:00pm
164199	Bethesda Reg Library	9/18	M	10:15am-11:00am
164200	Bethesda Reg Library	9/18	M	11:15am-12:00pm



Your little ones will love the action and fun of our Tiny Tots classes.



164201	Wheaton Reg Library	9/18	M	10:15am-11:00am
164202	Wheaton Reg Library	9/18	M	11:15am-12:00pm
164203	Clara Barton CC	9/19	Tu	10:15am-11:00am
164204	Clara Barton CC	9/19	Tu	11:15am-12:00pm
164205	Norbeck-Mncstr Mill NP	9/19	Tu	10:15am-11:00am
164596	Quince Orchard Vly NP	9/19	Tu	10:15am-11:00am
164644	Quince Orchard Vly NP	9/19	Tu	11:15am-12:00pm
164208	Potomac CC	9/19	Tu	5:30pm- 6:15pm
164209	Gwendolyn Coffield CC	9/20	W	10:00am-10:45am
164210	Fairland CC	9/20	W	10:00am-10:45am
164212	North Four Corners LP	9/20	W	10:15am-11:00am
164213	North Four Corners LP	9/20	W	11:15am-12:00pm
164214	Norbeck-Mncstr Mill NP	9/21	Th	10:00am-10:45am
164215	Upper County CC	9/21	Th	10:15am-11:00am
164216	Upper County CC	9/21	Th	11:15am-12:00pm
164217	Norwood LP	9/21	Th	10:15am-11:00am
164218	Norwood LP	9/21	Th	11:15am-12:00pm
164221	Little Falls ComLibrary	9/22	F	10:00am-11:15am
164222	Clara Barton CC	9/30	Sa	10:00am-10:45am
164219	North Chevy Chase LP	10/6	F	10:00am-10:45am
164220	North Chevy Chase LP	10/6	F	11:00am-11:45am

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

9 Sessions \$137.00

Instructor: Music for Life

164145	Bethesda Reg Library	9/18	M	12:15pm- 1:15pm
164146	Wheaton Reg Library	9/18	M	12:15pm- 1:15pm
164147	Bethesda Reg Library	9/18	M	4:00pm- 5:00pm
164148	Potomac CC	9/19	Tu	4:15pm- 5:15pm
164149	Norwood LP	9/21	Th	4:00pm- 5:00pm
164193	Upper County CC	9/21	Th	4:00pm- 5:00pm
164150	Clara Barton CC	9/30	Sa	11:00am-12:00pm

Exploring Music and Piano Level IA

Ages 5-10: A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

10 Sessions \$215.00

Instructor: Music for Life

164643	Bethesda Reg Library	9/18	M	5:00pm- 6:00pm
164195	Upper County CC	9/21	Th	5:00pm- 6:00pm
164194	Norwood LP	9/21	Th	5:00pm- 6:00pm
164196	Clara Barton CC	9/30	Sa	12:00pm- 1:00pm

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. New fall price includes all materials! Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

8 Sessions \$68.00

Instructor: Sharon Lande

160731	Leland CC	9/19	Tu	11:00am-11:45am
160732	Leland CC	9/20	W	10:45am-11:30am
160733	Potomac CC	9/21	Th	11:00am-11:45am

Funfit®

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. Price includes all materials.

6 Sessions \$57.00

Instructor: Funfit®

162563	Quince Orchard Vly NP	9/16	Sa	9:30am-10:15am
162564	Tilden MS	9/16	Sa	9:30am-10:15am
162541	Germantown CC	9/18	M	9:30am-10:15am
162542	Wheaton CC	9/18	M	9:30am-10:15am
162543	Wheaton CC	9/18	M	10:15am-11:00am
162544	Gwendolyn Coffield CC	9/19	Tu	9:30am-10:15am
162570	Bauer Drive CC	9/19	Tu	9:30am-10:15am
162546	Leland CC	9/20	W	9:30am-10:15am
162547	Potomac CC	9/20	W	9:30am-10:15am
162548	Potomac CC	9/20	W	10:15am-11:00am
162545	Fairland CC	9/21	Th	9:30am-10:15am
162565	Longwood CC	9/21	Th	9:30am-10:15am
162556	Leland CC	9/22	F	9:30am-10:15am
162557	Potomac CC	9/22	F	9:30am-10:15am
162558	Potomac CC	9/22	F	10:15am-11:00am
162561	Germantown CC	9/22	F	9:30am-10:15am
162562	Leland CC	9/22	F	10:15am-11:00am

5 Sessions \$48.00

Instructor: Funfit®

162572	Leland CC	11/8	W	9:30am-10:15am
162573	Potomac CC	11/8	W	9:30am-10:15am
162574	Potomac CC	11/8	W	10:15am-11:00am
162575	Fairland CC	11/9	Th	9:30am-10:15am
162576	Longwood CC	11/9	Th	9:30am-10:15am
162577	Leland CC	11/10	F	9:30am-10:15am
162580	Leland CC	11/10	F	10:15am-11:00am
162578	Potomac CC	11/10	F	9:30am-10:15am
162579	Potomac CC	11/10	F	10:15am-11:00am
162581	Quince Orchard Vly NP	11/11	Sa	9:30am-10:15am
162582	Tilden MS	11/11	Sa	9:30am-10:15am
162566	Germantown CC	11/13	M	9:30am-10:15am
162567	Wheaton CC	11/13	M	9:30am-10:15am
162568	Wheaton CC	11/13	M	10:15am-11:00am
162569	Gwendolyn Coffield CC	11/14	Tu	9:30am-10:15am
162571	Bauer Drive CC	11/14	Tu	9:30am-10:15am

Funfit® Two

Ages 2-3: Adult participation required. Child must be walking. Price includes all materials.

6 Sessions \$57.00

Instructor: Funfit®

162674	Tilden MS	9/16	Sa	10:15am-11:00am
162675	Quince Orchard Vly NP	9/16	Sa	10:15am-11:00am
162661	Germantown CC	9/18	M	10:15am-11:00am
162662	Wheaton CC	9/18	M	11:00am-11:45am



Tiny Tot classes are a hit with the pre-school set.

162663	Gwendolyn Coffield CC	9/19	Tu	10:15am-11:00am
162678	Bauer Drive CC	9/19	Tu	10:15am-11:00am
162665	Potomac CC	9/20	W	11:00am-11:45am
162667	Leland CC	9/20	W	11:00am-11:45am
162664	Fairland CC	9/21	Th	10:15am-11:00am
162679	Longwood CC	9/21	Th	10:15am-11:00am
162670	Leland CC	9/22	F	11:00am-11:45am
162671	Germantown CC	9/22	F	10:15am-11:00am
162672	Potomac CC	9/22	F	11:00am-11:45am

5 Sessions \$48.00

Instructor: Funfit®

162684	Potomac CC	11/8	W	11:00am-11:45am
162685	Leland CC	11/8	W	11:00am-11:45am
162686	Fairland CC	11/9	Th	10:15am-11:00am
162687	Longwood CC	11/9	Th	10:15am-11:00am
162688	Leland CC	11/10	F	11:00am-11:45am
162689	Germantown CC	11/10	F	10:15am-11:00am
162690	Potomac CC	11/10	F	11:00am-11:45am
162691	Tilden MS	11/11	Sa	10:15am-11:00am
162692	Quince Orchard Vly NP	11/11	Sa	10:15am-11:00am
162680	Germantown CC	11/13	M	10:15am-11:00am
162681	Wheaton CC	11/13	M	11:00am-11:45am
162682	Gwendolyn Coffield CC	11/14	Tu	10:15am-11:00am
162683	Bauer Drive CC	11/14	Tu	10:15am-11:00am

**Funfit® Three**

Ages 3-4: Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills and cooperative play. Adult participation required for the class, but not necessary for every activity. Price includes all materials. Call 301-975-0099 for additional class locations and more information.

6 Sessions \$57.00

Instructor: Funfit®

163115	Tilden MS	9/16	Sa	11:00am-11:45am
163114	Germantown CC	9/18	M	11:00am-11:45am

5 Sessions \$48.00

Instructor: Funfit®

163118	Tilden MS	11/11	Sa	11:00am-11:45am
163116	Germantown CC	11/13	M	11:00am-11:45am

Family Funfit®

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Children must be walking. Class price is per child. Price includes all materials.

6 Sessions \$57.00

Instructor: Funfit®

162534	Quince Orchard Vly NP	9/16	Sa	11:00am-11:45am
162527	Potomac CC	9/18	M	4:00pm- 4:45pm
162529	Gwendolyn Coffield CC	9/19	Tu	11:00am-11:45am
164343	Bauer Drive CC	9/19	Tu	11:00am-11:45am
162530	Leland CC	9/20	W	10:15am-11:00am
162528	Fairland CC	9/21	Th	11:00am-11:45am
164346	Longwood CC	9/21	Th	11:00am-11:45am
162533	Germantown CC	9/22	F	11:00am-11:45am

5 Sessions \$48.00

Instructor: Funfit®

162537	Leland CC	11/8	W	10:15am-11:00am
164347	Longwood CC	11/9	Th	11:00am-11:45am
162538	Fairland CC	11/9	Th	11:00am-11:45am
162539	Germantown CC	11/10	F	11:00am-11:45am
162540	Quince Orchard Vly NP	11/11	Sa	11:00am-11:45am
162535	Potomac CC	11/13	M	4:00pm- 4:45pm
162536	Gwendolyn Coffield CC	11/14	Tu	11:00am-11:45am
164345	Bauer Drive CC	11/14	Tu	11:00am-11:45am

UK Elite Petite Soccer

Ages 3-4: A fun introduction to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants. All participants receive a certificate of participation. If interest warrants, classes may be added to allow for additional participants.

6 Sessions \$87.00

Instructor: U.K. Elite

163119	Longwood CC	9/11	M	11:00am-12:00pm
163120	Longwood CC	9/11	M	1:00pm- 2:00pm
163136	Longwood CC	9/11	M	4:00pm- 5:00pm
163121	Maplewood-Alta Vista LP9/12	Tu		11:00am-12:00pm
163123	Falls Road LP	9/13	W	11:00am-12:00pm
163124	Falls Road LP	9/13	W	1:00pm- 2:00pm
163128	Falls Road LP	9/13	W	4:00pm- 5:00pm
163125	Bauer Drive CC	9/15	F	11:00am-12:00pm
163126	Bauer Drive CC	9/15	F	1:00pm- 2:00pm
163137	Bauer Drive CC	9/15	F	4:00pm- 5:00pm
163122	Maplewood-Alta Vista LP9/19	Tu		1:00pm- 2:00pm
163127	Maplewood-Alta Vista LP9/19	Tu		4:00pm- 5:00pm
164600	Aberdeen LP	9/21	Th	11:00am-12:00pm
164601	Aberdeen LP	9/21	Th	1:00pm- 2:00pm
164602	Aberdeen LP	9/21	Th	4:00pm- 5:00pm

Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? Join us as we celebrate our 10th year of successful programs! We have maintained our victorious formula of offering classes which builds self-esteem and confidence! Children receive instruction in sports and agility training through supervised, noncompetitive play sessions, enhancing fitness in a fun and friendly environment. Sports change each session and include: soccer, lacrosse, football and more! Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. To commemorate our anniversary, each participant will receive a hat or T-shirt. \$10 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info. Instructors subject to change.

9 Sessions \$87.00

Instructor: CTI Kids-Coach Doug

163869	Beverly Farms ES	9/16	Sa	9:30am-10:15am
163870	Beverly Farms ES	9/16	Sa	10:15am-11:00am
163871	Oakland Terrace ES	9/16	Sa	9:30am-10:15am



163872	Oakland Terrace ES	9/16	Sa	10:15am-11:00am
163852	Leland CC	9/18	M	9:30am-10:15am
163853	Leland CC	9/18	M	10:15am-11:00am
163854	Leland CC	9/18	M	11:00am-11:45am
163855	Leland CC	9/18	M	11:45am-12:30pm
163857	Germantown CC	9/19	Tu	9:30am-10:15am
163858	Germantown CC	9/19	Tu	10:15am-11:00am
163859	Germantown CC	9/19	Tu	11:00am-11:45am
163860	Germantown CC	9/19	Tu	1:30pm- 2:15pm
163861	Germantown CC	9/19	Tu	2:30pm- 3:15pm
164649	Germantown CC	9/19	Tu	11:45am-12:30pm
163862	Bauer Drive CC	9/20	W	9:30am-10:15am
163863	Bauer Drive CC	9/20	W	10:15am-11:00am
163884	Bauer Drive CC	9/20	W	11:00am-11:45am
163893	Damascus CRC	9/20	W	1:30pm- 2:15pm
163894	Damascus CRC	9/20	W	2:30pm- 3:15pm
164645	Upper County CC	9/20	W	9:30am-10:15am
164646	Upper County CC	9/20	W	10:15am-11:00am
164647	Upper County CC	9/20	W	11:00am-11:45am
164648	Upper County CC	9/20	W	11:45am-12:30pm
163864	Potomac CC	9/21	Th	9:30am-10:15am
163865	Potomac CC	9/21	Th	10:15am-11:00am
163866	Potomac CC	9/21	Th	11:00am-11:45am
164651	Potomac CC	9/21	Th	11:45am-12:30pm
163867	Potomac CC	9/21	Th	1:30pm- 2:15pm
163868	Potomac CC	9/21	Th	2:30pm- 3:15pm
163897	Wheaton CC	9/22	F	9:30am-10:15am
163898	Wheaton CC	9/22	F	10:15am-11:00am
163899	Wheaton CC	9/22	F	11:00am-11:45am
164652	Wheaton CC	9/22	F	11:45am-12:30pm
164653	Wheaton CC	9/22	F	1:30pm- 2:15pm
164654	Wheaton CC	9/22	F	2:30pm- 3:15pm

Wee Wanna Be Mini

Ages 2-5: Extend your Wee Wanna Be fun and join us as we celebrate our 10th successful year! Participants will build on skills learned and introduce them to our new winter sports. To commemorate our anniversary, you are invited to bring a friend!*. Register your child/children in any Mini-session, and they can take along an age appropriate family friend (who has not participated in a Wee Wanna Be or Coach Doug class this fall session) for free! Adult participation is required.

*To take advantage of this offer, your family friend must bring a completed class registration form, signed by their parent/guardian to the first class. Present the form to center staff to obtain a free ACCESS Card for your friend. Additional registration forms can be found online at montgomerycountymd.gov/rec

3 Sessions \$30.00

Instructor: CTI Kids-Coach Doug

163953	Oakland Terrace ES	12/2	Sa	9:30am-10:15am
163954	Oakland Terrace ES	12/2	Sa	10:15am-11:00am
163955	Beverly Farms ES	12/2	Sa	9:30am-10:15am
163956	Beverly Farms ES	12/2	Sa	10:15am-11:00am
163942	Leland CC	12/4	M	9:30am-10:15am
163943	Leland CC	12/4	M	10:15am-11:00am
164659	Leland CC	12/4	M	11:00am-11:45am
164676	Leland CC	12/4	M	2:30pm- 3:15pm
163944	Germantown CC	12/5	Tu	9:30am-10:15am
163945	Germantown CC	12/5	Tu	10:15am-11:00am
163946	Germantown CC	12/5	Tu	11:00am-11:45am
164677	Germantown CC	12/5	Tu	2:30pm- 3:15pm
163948	Bauer Drive CC	12/6	W	9:30am-10:15am
163949	Bauer Drive CC	12/6	W	10:15am-11:00am
163961	Bauer Drive CC	12/6	W	11:00am-11:45am
164660	Upper County CC	12/6	W	9:30am-10:15am

164661	Upper County CC	12/6	W	10:15am-11:00am
164662	Upper County CC	12/6	W	11:00am-11:45am
164678	Damascus CRC	12/6	W	2:30pm- 3:15pm
164679	Damascus CRC	12/6	W	3:30pm- 4:15pm
163950	Potomac CC	12/7	Th	9:30am-10:15am
163951	Potomac CC	12/7	Th	10:15am-11:00am
163952	Potomac CC	12/7	Th	11:00am-11:45am
164680	Potomac CC	12/7	Th	2:30pm- 3:15pm
164663	Wheaton CC	12/8	F	9:30am-10:15am
163962	Wheaton CC	12/8	F	10:15am-11:00am
164664	Wheaton CC	12/8	F	11:00am-11:45am
163963	Wheaton CC	12/8	F	1:30pm- 2:15pm
164681	Wheaton CC	12/8	F	2:30pm- 3:15pm

Coach Doug's Sports School

Ages 4-7: Join us as we celebrate our 10th year of successful programs! We have kept our successful formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. With new equipment and a new low price, classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports change each session and include: soccer, football, lacrosse and more! To commemorate our anniversary, each participant will receive a hat or T-shirt. \$10 material fee due to instructor. Call 301-983-2690 for more info. Instructors subject to change.

9 Sessions \$87.00

Instructor: CTI Kids-Coach Doug

163527	Beverly Farms ES	9/16	Sa	11:00am-11:45am
163541	Oakland Terrace ES	9/16	Sa	11:00am-11:45am
164656	Beverly Farms ES	9/16	Sa	11:45am-12:30pm
164657	Oakland Terrace ES	9/16	Sa	11:45am-12:30pm
163495	Leland CC	9/18	M	1:30pm- 2:15pm
163496	Leland CC	9/18	M	2:30pm- 3:15pm
163497	Leland CC	9/18	M	3:30pm- 4:15pm
163498	Leland CC	9/18	M	4:15pm- 5:00pm
163499	Germantown CC	9/19	Tu	3:30pm- 4:15pm
163500	Germantown CC	9/19	Tu	4:15pm- 5:00pm
163501	Damascus CRC	9/20	W	3:30pm- 4:15pm
164682	Bauer Drive CC	9/20	W	11:45am-12:30pm
163502	Damascus CRC	9/20	W	4:15pm- 5:00pm
163503	Potomac CC	9/21	Th	3:30pm- 4:15pm
163504	Potomac CC	9/21	Th	4:15pm- 5:00pm
163523	Wheaton CC	9/22	F	3:30pm- 4:15pm
163524	Wheaton CC	9/22	F	4:15pm- 5:00pm

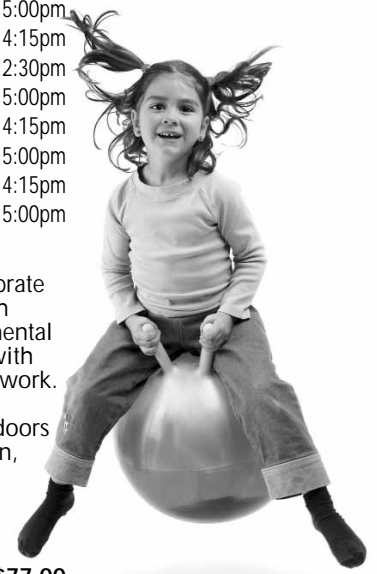
NEW Coach Doug Sports Advanced

Ages 3-6: Were taking things up a notch to celebrate our 10th successful year! This fall, kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building self confidence and teamwork. We'll cover skill development, soccer rules and playing strategies. Most classes will be held outdoors with the last class a Saturday Fun Match, location, TBA. To commemorate our anniversary, each participant will receive a hat or T-shirt. \$10 material fee due to instructor. Price is per child. Call 301-983-2690 for more info.

6 Sessions \$77.00

Instructor: CTI Kids-Coach Doug

164658	Leland CC	9/18	M	5:00pm- 6:00pm
163919	Germantown CC	9/19	Tu	5:00pm- 6:00pm
163935	Damascus CRC	9/20	W	5:00pm- 6:00pm
163920	Potomac CC	9/21	Th	5:00pm- 6:00pm
163941	Wheaton CC	9/22	F	5:00pm- 6:00pm



Coach Doug Sport School Mini

Ages 4-7: Extend your Coach Doug Sports fun and join us as we celebrate our 10th successful year! This mini session will allow participants to build on skills learned and introduce them to our new winter sports. To commemorate our anniversary, you are also invited to bring a friend!*. Register your child/children in any Mini-session, and they can take along an age appropriate family friend (who has not participated in a Wee Wanna Be or Coach Doug class this fall session) for free! Adult participation is required.

*To take advantage of this offer, your family friend must bring a completed class registration form, signed by their parent/guardian to the first class. Present the form to center staff to obtain a free ACCESS Card for your friend. Additional registration forms can be found online at montgomerycountymd.gov/rec

3 Sessions \$30.00

Instructor: CTI Kids-Coach Doug

163971	Beverly Farms ES	12/2	Sa	11:00am-11:45am
163972	Oakland Terrace ES	12/2	Sa	11:00am-11:45am
164665	Leland CC	12/4	M	3:30pm- 4:15pm
164666	Leland CC	12/4	M	4:15pm- 5:00pm
163968	Leland CC	12/4	M	5:00pm- 5:45pm
164667	Germantown CC	12/5	Tu	3:30pm- 4:14pm
163969	Germantown CC	12/5	Tu	4:15pm- 5:00pm
164668	Germantown CC	12/5	Tu	5:00pm- 5:45pm
164670	Damascus CRC	12/6	W	4:15pm- 5:00pm
163975	Damascus CRC	12/6	W	5:00pm- 5:45pm
164671	Potomac CC	12/7	Th	3:30pm- 4:15pm
163970	Potomac CC	12/7	Th	4:15pm- 5:00pm
164672	Potomac CC	12/7	Th	5:00pm- 5:45pm
164673	Wheaton CC	12/8	F	3:30pm- 4:15pm
164674	Wheaton CC	12/8	F	4:15pm- 5:00pm
164675	Wheaton CC	12/8	F	5:00pm- 5:45pm

Xciting Xtras**Horseback Riding****NEW Horseback Riding: Young Riders**

Ages 5-7: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at the walk and trot with the safety of an adult leading the horse. Parent or adult must be prepared to side walk with the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, students/ parents without proper footwear and long pants will not be able to participate. Children may repeat class until they are familiar with horseback riding.

6 Sessions \$180.00

Instructor: Camp Olympia

160452	Camp Olympia	9/26	Tu, Th	5:00pm- 5:45pm
160453	Camp Olympia	10/24	Tu, Th	5:00pm- 5:45pm

NEW Horseback Riding: Beginning

Ages 8-12: Beginner horseback riding instruction includes grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Children may repeat class until they are comfortable leading and trotting the horse.

6 Sessions \$180.00

Instructor: Camp Olympia

160454	Camp Olympia	9/26	Tu, Th	4:00pm- 5:00pm
160456	Camp Olympia	9/26	Tu	6:00pm- 7:00pm

NEW Horseback Riding: Advanced Beginner

Ages 8-12: Prerequisite: Beginner class or instructor approval. Students will continue to develop, expand, and refine the skills which they have learned in beginner riding class. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Children may repeat class until they are familiar with horseback riding.

6 Sessions \$180.00

Instructor: Camp Olympia

160458	Camp Olympia	10/24	Tu, Th	4:00pm- 5:00pm
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**Pooch Pool Party**

Your dog can be a cool canine at our first ever end-of-summer Pooch Pool Party. We've closed the pool to humans and opened it to dogs! Join us on September 10 from noon to 3 at our Upper County Outdoor Pool where dogs will be allowed

to swim in the pool before it is drained and cleaned. Animal rescue groups, pet retailers, and Animal Services Officers will also be on hand to answer questions about all things animal.

This Pooch Party is free, but pre-registration is required.

All dogs must be under the control of an adult. Any dog displaying any signs of aggression will be asked to leave immediately. All dogs must provide proof of a current rabies vaccination before they will be allowed into the pool. No female dogs in heat, please! Due to health concerns, this party is for canines only—no humans will be allowed into the pool.

1 Session		\$0.00
166143	Swim: Upper County Pool	9/10 Su 12:00pm-3:00pm



★ Horseback Riding: Teens and Adults

Ages 13&Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Students may repeat the class until they are comfortable with leading and trotting the horse.

6 Sessions **\$180.00**
Instructor: Camp Olympia
160457 Camp Olympia 9/26 Tu 7:00pm-8:00pm



Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. No retractable leashes. Questions: Call Wortley Ganoe at 301-946-5645 Sandi Atkinson at 301-977-2867 or email idnasa@aol.com.

Puppy Kindergarten

Ages Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy.

6 Sessions **\$44.00**
Instructor: Wortley Ganoe
158907 MCRD Offices 9/9 Sa 9:30am-10:30am

Basic

Ages Trainers 12&Up/Dogs 5 months&Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students WILL BE EXPECTED to practice outside class for best results. All work on lead. No retractable leashes.

6 Sessions **\$44.00**
Instructor: Wortley Ganoe
158908 MCRD Offices 9/9 Sa 10:30am-11:30am

Intermediate

Ages Trainers 12&Up/Dog 6 months&Up:

Prerequisite (a basic course). Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc. Students WILL BE EXPECTED to practice outside class for best results. All work on lead. No retractable leashes.

6 Sessions **\$44.00**

Instructor: Wortley Ganoe
158909 MCRD Offices 9/9 Sa 11:30am-12:30pm

8 Sessions **\$58.00**

Instructor: Sandi Atkinson
162824 Mill Creek Towne ES 9/18 M 6:30pm- 7:30pm

★ Canine Good Citizen

This introduction to dog obedience will cover what you need to know to pass the AKC's Canine Good Citizen (CGC) test, open to ALL dogs. The CGC Program is designed to (1) teach responsible dog ownership to owners and (2) certify dogs that have the training and behaviors needed to be reliable, well-behaved members of their families and communities.

8 Sessions **\$58.00**

Instructor: Sandi Atkinson
162823 Mill Creek Towne ES 9/20 W 6:30pm- 7:30pm

Rally-Subnovice Dog Obedience

Trainers must be 12&Up: Learn more about rally obedience, the exercises and course strategy, as a bridge to traditional dog obedience competition. Improve technique and teamwork of dog and handler; improve heeling and control. More advanced rally exercises will challenge each team to show off what they've learned. Handlers will learn to design individualized training programs to address issues with their own dogs. Students WILL BE EXPECTED to practice outside class for best results. Most work on lead.

8 Sessions **\$58.00**

Instructor: Sandi Atkinson
162825 Mill Creek Towne ES 9/20 W 7:30pm- 8:30pm

Before You Buy a Dog

Ages 12&Up: Are you thinking of adding a dog to your family? What breed do you want? Is this actually the breed that you can live with? How do you find a breeder? What do you need to know about registration ('papers') and health issues? Can you afford a dog? These questions and more will be addressed in this class.

1 Session **\$21.00**

Instructor: Sandi Atkinson
162826 Bauer Drive CC 11/2 Th 7:00pm- 8:00pm

You Have Your Dog. Now What?

Ages 12&Up: Congratulations! You now have your dog! What else can you do beside go for walks? Have you ever wanted to know what goes on at a dog show? How do you find an appropriate show? Could YOU compete successfully? Is there more to dog obedience than just a couple of classes? The answers to these and other questions about dog performance events will be discussed. Information and referral will be given to those wanting to get started on the road to specialty training and earning titles in the dog world. Bring paper and pen to take notes! The instructor has successfully competed with several dogs over the past 20+ years in agility, conformation, lure coursing, obedience, rally, and tracking, earning titles from four different dog registries. Her dogs have been nationally ranked.

1 Session **\$21.00**

Instructor: Sandi Atkinson
162827 Bauer Drive CC 11/2 Th 8:00pm- 9:00pm



Bridge & Chess

Chess: Beginner

Ages 6&Up: Chess has been shown to improve math and reading skills in children grades K-12. Focus on fundamentals: pieces, how they move, and their value. Students will learn the three phases of a chess game; the objectives of each phase; and how to accomplish checkmate. \$10 material fee due to instructor.

8 Sessions **\$50.00**

Instructor: Vaughn Bennett

160526	Fairland CC	9/25	M	6:30pm- 8:00pm
160527	Bauer Drive CC	9/30	Sa	10:00am-11:30am

Bridge-Polishing Your Basics Part I

Ages 18&Up: Supervised Play for Intermediate Players. How High? What suit? Learn the responsibilities of a responder. Learn when to jump and when not to! Responding to 2NT openers. Let's fine tune your bidding and play skills. Handouts of lesson and of hands played. Perfect for advanced beginners thru intermediate players. \$15 Material fee due to instructor at first class. Call Leslie Shafer at 301-977-0314 or e-mail slamhand@verizon.net

8 Sessions **\$80.00**

Instructor: Leslie Shafer

158903	Potomac CC	9/26	Tu	7:30pm- 9:30pm
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Bridge-Our Favorite Advanced Conventions

Adults: Conventions covered: Jacoby 2NT, Splinter Raises and Drury. Also included is how to handle these three conventions in a competitive auction. These three conventions will help you find the best contract more often. Game? Slam? Tired of Bidding 4H and making six? These tools will help get you there! We'll spend two weeks on each topic and play lots of hands to emphasize each lesson. This class is for intermediate thru advanced players. \$15 material fee due to instructor at first class. Call Leslie Shafer at 301-977-0314 or e-mail slamhand@verizon.net

8 Sessions **\$80.00**

Instructor: Leslie Shafer

158905	Potomac CC	9/25	M	10:00am-12:00pm
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Personal Enrichment

Fantasy Football League

Adults: Join the hottest craze among the football community and participate in a Fantasy Football League. The first session (8/29) will offer a pre-game huddle to get ready for the draft and develop league strategies. In the second session (9/5) you will draft your dream team. The remaining season will be spent in the comfort of their own computers as you watch your fantasy team hammer on. Teams will reconvene on December 12th for a pre-play-off-pow-wow. Eligibility requirements: must have access to the Internet. Winning teams will earn bonuses awarded at the end of the football season (in January). \$10 material fee due to instructor at the first class.

3 Sessions **\$50**

Instructor: Robert Healy

155706	Potomac CC	8/29	Tu	6:30pm-09:00pm
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NEW Decision Making

Adults: Struggling with decisions? Want to know that you'll be able to make the best choice for you? Learn how to improve your decision making skills, by connecting your heart, and then identifying what voices are the ones to listen to for guidance toward finding the best path to take.

3 Sessions **\$70.00**

Instructor: Jamella Nuur

162357	Barnsley, Lucy ES	10/3	Tu	7:00pm- 8:30pm
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Etiquette for Kids

Ages 7-10: Etiquette is about feeling comfortable in the world. Give your children the tools to help them succeed throughout life. Good manners teach children how to interact with the world around them in a respectful, sensitive, and kind manner. Not only will this class help you to raise more polite children, but it will improve your child's self-esteem and confidence.

Many types of social etiquette covered: Say What?-Greetings and conversation skills; Be My Guest-Special occasion manners; Forks or Fingers?-Table manners; Netiquette-Manners for using the Internet, telephones, and other communication skills; and, Good Sport-Tolerance, Fair Play, Privacy, and Sharing. Classes include take-home materials, games, and snacks (table manner class). Upon completion of the course, children will receive a handout summarizing the manners and lessons presented in the class and a personalized 'graduation' certificate. \$15 material fee due to instructor at first class.

5 Sessions **\$68.00**

Instructor: Susan Donnelly

159902	Potomac CC	9/19	Tu	4:30pm- 5:30pm
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NEW Gemology I

Adults: Learn about gemstones. Mohs' scaled of hardness, how to buy, wear, and care for and recognize look-alikes. Hands on examination of mineral specimens, cut stones, beads, and finished jewelry. Occasional guest speakers, pertinent videos, and exposure to simple implementation. Optional textbook available at class.

13 Sessions **\$125.00**

Instructor: Lisa Carp

162082	Concord School	9/20	W	10:00am-12:00pm
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NEW Gemology II

Prerequisite: Gemstones I or related experience. Conduct an in-depth study of gemstones using sophisticated instruments. Study the geological, mineralogical, and chemical origins of gemstones as well as the cause and effect of light and color. Examination and analysis of synthetics and substitutes, discussion of modern technology, reference readings, guest lectures, videos, and optional field trips.

13 Sessions **\$125.00**

Instructor: Lisa Carp

162353	Concord Center	9/20	W	10:00am-12:00pm
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Home Organization

Ages 18&Up: As our lives become more chaotic and complex, our homes seem to follow suit. Transform your house into your own sanctuary of peace; feel your stress levels decrease and your life begin to function more efficiently. Discuss strategies to cut the clutter, explore techniques to organize each room, and manage your paper and filing. Bring photos of your home, and discover simple yet functional solutions to your problem areas.

4 Sessions **\$36.00**

Instructor: Michelle Keefe

159904	Leland CC	9/26	Tu	10:00am-11:00am
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NEW Fall into Home Organization

Ages 18&Up: Are you feeling overwhelmed with all of the clutter and wish you could manage your papers better. Fall is a perfect time to get things organized in your home. This power-workshop will give you strategies that will help you take back your home and life. Bring photographs of your home for individualized attention.

1 Session **\$20.00**

Instructor: Michelle Keefe

159906	Leland CC	10/4	W	7:00pm- 9:00pm
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Logos are registered trademarks of teams indicated.



★ You Can Juggle Too: You Can Juggle Three

Ages 13&Up: Teaches the basics of the art of juggling. Juggling is fun and a great way to exercise. It can improve motor skills, hand-eye coordination, rhythm, timing, and balance. Juggling can help you relax and relieve stress. You can also build confidence and self-esteem by learning to do what seemed impossible before. Juggling balls will be provided during the class. Sets of 3 juggling balls (for practice at home) will be available from the instructor for \$3.00 per set (optional). Wear comfortable clothing.

2 Sessions **\$18.00**

Instructor: Johnarthur Lightfoot

161852 Germantown CC 10/19 Th 7:00pm-8:30pm

16543 Germantown CC 11/9 Th 7:00pm-8:30pm

★ Chair Caning

Adults: Hand weave a new seat or back by caning, flat reed, or Shaker tapes depending on the type of chair brought to class. List of supplies provided at first class. Materials may be purchased from instructor. Bring chair to first class.

7 Sessions **\$98.00**

Instructor: Claudetta Harding

162918 Bauer Drive CC 10/3 Tu 9:30am-11:30am

162917 Longwood CC 10/5 Th 7:30pm- 9:30pm

★ Chair Rushing

Adults: Different from caning, this method uses a cylindrical fiber rush to weave a chair seat. Not sure which type of chair you have? List of supplies will be provided at first class. Materials may be purchased from instructor. Bring chair to first class.

5 Sessions **\$70.00**

Instructor: Claudetta Harding

162919 Germantown CC 9/30 Sa 9:30am-11:30am

★ Knitting as Meditation

Ages 18&Up: Calling all potential knitters looking for a way to calm your mind and soul. If you've never knit or meditated before, this class is for you. Learn how you can use knitting as a form of meditation to escape from the stress of normal life and return to yourself. You'll learn the very basics of knitting to get you started on a lifelong hobby. Novices only please. All necessary material will be provided for a \$20 material fee due to instructor. Class duration: 2 hours

1 Session **\$29.00**

Instructor: Susan Donnelly

159903 Leland CC 11/22 W 6:00pm- 8:00pm

★ Getting Started with Knitting I

Ages 12&Up: Learn basics and work on an individual project. Knit during class and receive individual attention while you perfect your techniques. There will be some homework. Learn to cast on, knit, purl, rib, cast off and read patterns. Bring a skein of 4-ply light colored worsted weight yarn (acrylic is fine), and a pair of #7, #8, #9 knitting needles to first class. A \$20 material fee is due to instructor at first class.

5 Sessions **\$70.00**

Instructor: Melissa Zervos

159912 Bethesda-Ch Chase HS 9/25 M 6:00pm-8:00pm

★ Getting Started with Knitting II

Ages 12&Up: Shape your pieces with increases and decreases, make button holes, sleeves and necklines. Learn some simple patterns to enhance your work. Bring a skein of 4-ply light colored worsted weight yarn (acrylic is fine) and a pair of #7, #8, #9 knitting needles to first class. \$20 material fee is due to instructor at first class.

5 Sessions **\$70.00**

Instructor: Melissa Zervos

159913 Bethesda-Ch Chase HS 11/13 M 6:00pm- 8:00pm



Mystery Academy

Ages 7-12: This magical experience introduces the Art of Magic. Children will experiment with a variety of magic tricks and presentation skills, as well as dramatic presentation, comedy, manual dexterity, and positive ideals. Founded on the idea that magic as a performing art combines the best of many arts and sciences to produce a student who is disciplined, self-motivated, imaginative and confident. This course teaches magic tricks to children including sleight-of-hand and magic with cards, coins, rope, paper and other materials.

10 Sessions **\$75.00**

Instructor: Christopher McCauley Bowers

160255 Potomac CC 9/27 W 5:00pm- 6:00pm

160256 Fairland ES 9/28 Th 6:30pm- 7:30pm

Interested in Boating?

The Maryland Department of Natural Resources maintains a list of certified boating safety courses. For more information, visit their website at: <http://www.dnr.state.md.us/boating>.

★ NEW ★ Mystery Academy-Magical Fun

Ages 5-7: Younger children will love this magical experience in this fun-filled introduction to the Mystery Academy. A less intensive, more playful variety arts course for focusing on activities like magic, cupstacking, juggling, comedy, puppetry, stage props, clowning, drama techniques, and short presentations. This is the perfect way to introduce your child to magic, acting, manual dexterity, and performance in a completely fun environment. Class goals include overcoming shyness and stage fright, interaction with an audience, and stimulating your child's interest in performance art.

10 Sessions **\$75.00**
 Instructor: Christopher McCauley Bowers
 160254 Beverly Farms ES 10/7 Sa 10:15am-11:00am

★ NEW ★ Oriental Rugs

Ages 18&Up: Discover about Oriental Rugs, history, quality, techniques, for weaving, and regions of high quality Oriental Rugs. Learn how to evaluate; care, repair and select investment grade Oriental Rugs for your home. Tips for appraisal and buying Oriental Rugs will be provided by expert teachers. There will be a Saturday field trip on October 21st, information about the field trip will be discussed at the first class.

4 Sessions **\$62.00**
 Instructor: Occidental Orientals
 161758 Johnson, Walter HS 10/3 Tu 7:00pm- 9:30pm

★ NEW ★ Kids 'n Keys

Grades 3-8: Use your imagination and develop keyboarding skills while you become the writer of an exciting mystery. Then be the detective who solves the mystery! Through computer instruction, games, and exercises, you will improve keyboarding efficiency and expand your creativity. No previous experience required in this self-paced program. Speed and accuracy level is adjusted to the experience of the participant. Children and parents can benefit from taking the class together. Parents who wish to participate are invited to register for this class with their child.

8 Sessions **\$125.00**

Instructor: CTI Kids-Coach Doug
 163240 Leland CC 9/18 M 6:15pm- 7:15pm
 163242 Leland CC 9/18 M 7:15pm- 8:15pm
 163241 Germantown CC 9/19 Tu 6:15pm- 7:15pm
 163243 Germantown CC 9/19 Tu 5:15pm- 6:15pm
 164544 Damascus CRC 9/20 W 6:15pm- 7:15pm
 164545 Damascus CRC 9/20 W 7:15pm- 8:15pm
 163245 Potomac CC 9/21 Th 7:15pm- 8:15pm
 163244 Potomac CC 9/21 Th 6:15pm- 7:15pm

Modeling for Children

Ages 7-12: Stresses posture, walk, pose, grooming, and improving by doing. Girls only. Instructor is the originator and director of the Modeling Moppets. Enrollment is limited. Ages 4-6 meet at 9am, Ages 7-9 meet at 10am and ages 10-12 meet at 11am.

8 Sessions **\$50.00**

Instructor: Katie Mizell
 164893 Longwood CC 9/30 Sa 09:00am-10:00am
 164894 Longwood CC 9/30 Sa 10:00am-11:00am
 164895 Longwood CC 9/30 Sa 11:00am-12:00pm

Beauty Boot Camp-4 Tweens

Ages 11-13: Mission: Lifestyle Training with Flair! Environment: Awesome and Fantastic. Outcome: Discover that it's not about being the skinniest, prettiest, smartest or the most athletic. It's really about being the best that you can be! Drill Sergeant Tanika puts the emphasis on basic grooming, building positive friendships and methods to do battle with negative forces. Create nail, skin and hair care products from secret recipes and everyone is a winner!

6 Sessions **\$36.00**

Instructor: Tanika Briggs-Belis
 164896 Fairland CC 9/30 Sa 10:30am-11:30am

**Cancellation Policy**

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

"Friends" offer County-Wide Championships

Friends of Recreation will be offering a program of county wide championships in various sports and games for youth and adults over the next year. Information will become available on the Department's website. Stay tuned to find out how to become a Montgomery County Champion.

If you would like to make a tax deductible donation to Friends of Recreation, which helps support Department facilities or enables a needy child or teen to enjoy a positive recreation experience, simply make your check payable to Montgomery Parks Foundation and indicate how you want your gift to be used. Send your check to Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at www.montgomerycountymd.gov/rec

**Friends of
RECREATION**
 Montgomery County



MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity**

About the Gilchrist Center for Cultural Diversity

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering understanding among residents by offering programs and services that highlight the community's diversity, its cultural wealth, and uniqueness. The facility serves as a central point of contact to obtain information about and referral to County and other community services. The Center offers a variety of programs to support residents and to celebrate the diversity of our community.

Programs for New Americans

Pro Bono (Free) Legal Clinic (civil and immigration cases) First-come, first-served, until full. 2nd and 4th Wednesdays, 5:30pm-8:30pm. Registration starts at 5:30pm. Free. Presented by Montgomery County Bar Foundation.

English as a Second Language (ESOL) Beginning & Intermediate; early morning, morning and afternoon classes. Registration required. Registration held on August 21 & October 27, 2006, on a first-come, first-served basis until full. Free. For more information, please call 301-962-8950 and/or 240-777-4940. Presented by Montgomery College.

English as a Second Language (ESOL) Saturdays, starting September 16; 9:00am-12:00noon. Free. Presented by African Immigrant & Refugee Foundation.

Practical English Consultation A 45-minute one-on-one session to improve your writing skills. Bring your own writing samples. Call to make appointment. Free. Taught by Gilchrist Center Volunteer.

English as a Second Language (ESOL) Saturday Classes for Beginners, Intermediate & Advanced; Saturdays, 9:15am-11:00am. Free. Taught by Gilchrist Center Volunteers.

Cultural/Educational Programs

"Go" Club Learn & play this ancient Asian strategy game! Tuesdays, 6:00pm-8:30pm. Free. Presented by Arthur Lewis Go Club.

Basic Computers classes for adults, including Keyboarding class, will be offered in Fall. The registration information will be available in August. Free. Taught by Gilchrist Center Volunteers.

Video Blogging Workshop August 14-17, 12:00pm-3:00pm. Ages 13 or older; no prior video production skills required. To register or for more information, contact Jasmine White at 301-424-1730 ext. 313 or jwhite@mct-tv.org. Presented by Access Montgomery.

Welcome Partners!

Our new partners will bring new and innovative programs and workshops to the Gilchrist Center!

Access Montgomery teaches members of the community how to make television programs and air them on TV, offering video production classes and workshops on site at the Gilchrist Center for Cultural Diversity in Wheaton. Minimum age is 13 and no prior video production skills are needed. Classes are currently offered in English. Contact Jasmine White at 301-424-1730 ext. 313 or jwhite@mct-tv.org.

Latino Economic Development Corporation (LEDC) is a private, non-profit corporation founded in 1991. LEDC's mission is to improve the wealth-building capacity of the Washington area's Latinos and other underserved communities. We are committed to strengthening and revitalizing the economies and appearance of Montgomery County's neighborhoods by providing comprehensive services, including group education, technical assistance, microloans, advocacy, community organizing, and storefront improvement.

The Gilchrist Center is looking for not-for-profit organizations and service providers to offer programs at the Gilchrist Center's Wheaton/Upcounty locations that fulfill our vision, mission and goals. For more information, please contact the Center Director at 240-777-4954.

Save the Date!

Charles W. Gilchrist Center for Cultural Diversity World Tour

Come join us to celebrate the Center's 5th Anniversary!

Date: Sunday, October 22, 2006

Time: 12:00-5:00pm

Wheaton Location

11319 Elkin Street, Wheaton, MD 20902

Monday: 9:00am-5:00pm

Tuesday, Wednesday & Thursday: 9:00am-9:00pm

Friday: 9:00am-1:00pm

Saturday: 9:00am-3:00pm

Telephone: 240-777-4940 | Fax: 240-777-4941

Upcounty Location:

12900 Middlebrook Road, Germantown, MD 20874

Monday, Wednesday & Friday:

9:00am-2:00pm

Telephone: 240-777-6950 | Fax: 240-777-6945

The Sports Page

Recreation Department offers Recreational Youth Sports Programs All Year Round

Basketball, field hockey, flag football, softball and soccer are featured this fall.



The Montgomery County Recreation Department offers sports leagues and clinics for youths and teens countywide, throughout the entire year.

Youth sports registration occurs on an individual or pre-formed team basis. Flyers are distributed quarterly through the schools. Volunteers are used to coach and implement these programs.

For more information, check the Recreation Department website at www.montgomerycountymd.gov/rec or call the Sports Team at 240-777-6961.

Preview of Upcoming Recreational Youth Sports

Fall Starting Line Up

- Basketball - Grades 5-8
- Field Hockey - Girls Grades 4-9
- Flag Football - Youth Grades 2-8
- Fast Pitch Softball - Girls Grades 7-8
- Slow Pitch Softball - Girls Grades 3-8
- Soccer (Instructional League) - Grades K-4

Registration for Fall Youth Leagues is held from August 1st to Sept. 8th. League play begins in September.

On Deck for Winter 07

- Instructional Basketball - Grades 1-2
- Basketball - Grades 3-8
- Basketball - Grades 9-12 offered on a competitive level
- Indoor Field Hockey (grades 4-9)

Registration for Winter Youth Leagues is held from September until early November. League play begins in January.



Rec Department Seeks Youth Sports Referees & Coaches

Training provided and all games are on weekends

Referees are needed for all Recreation Youth Sports Leagues. We'll provide the training, and you get to help to provide safe and fun sports activities for our County youth. Have fun and help the kids, too - be a referee!

Coaches are also needed for our youth basketball, flag football, baseball, and softball teams. The Recreation Department offers you a chance to complete the National Youth Sports Coaches' Association certification program. Upon completion of the program, you will be prepared to coach, and the certification will even provide secondary liability insurance.

For more information about the Recreation Department's referee and coaching opportunities, check the Recreation website at www.montgomerycountymd.gov/rec or call the Sports Team at 240-777-6961.

Champions aren't made in the gym. Champions are made from something they have deep inside them...a desire, a dream, a vision.

Muhammad Ali

County Recreation Department Offers Adult & Teen Competitive Sports Leagues

Fall sports include basketball, football, softball, soccer and volleyball.



The Montgomery County Recreation Department offers competitive leagues for athletes and wanna-be athletes of all ages.



Women!

Tired of watching others play soccer and basketball? Do you want to join in the fun, but have hesitated because you don't know the rules or haven't played in years? Are you worried about being the "newbie" on a super-competitive team?

Then our clinics are for you!

We will be holding a series of instructional clinics on how to play soccer or basketball. These low-key clinics are for women only. The emphasis will be on learning the sport and enjoying yourself.

We welcome all fitness and skill levels. All you need to bring is your adventurous spirit and a willingness to have fun. If you already have shoes for the sport, bring them. If you don't, don't worry - we can give tips on purchasing the shoes and equipment that are right for you.

Clinic info: See pages 74-75.

Don't let the name "competitive" fool you. We offer many levels of competition for most sports - everything from "I've never played this game before" to "I was a collegiate star!" Our schedulers work hard to ensure that teams with similar skill levels play each other as much as possible for a fun experience for everyone. Call us and we can help you decide on what level is right for your team.

Registration for competitive sport leagues are by pre-formed teams only. Individuals seeking team placement may be placed on a "free agent" list distributed to team managers who may be looking to fill roster spots. For more information about these leagues and how to register, check the Recreation website at www.montgomerycountymd.gov/rec or call the Sports Team at 240-777-6961.

Preview of Upcoming Competitive Sports

Fall Starting Line Up

- Basketball - Middle and High School
- Flag Football - Co-Rec Adult
- Touch Football - Men
- Softball - Men, Women, Co-Rec Adult
- Soccer - Men, Women, Co-Rec Adult
- Volleyball - Men, Women, Co-Rec Adult

Team Registration for Fall Competitive Leagues begins in July. League play begins in September (Softball begins in August).

On Deck for Winter 07

- Basketball - Senior Adult and Adult
- Rising Star Basketball - Grades 6-12
- Volleyball Clinics - Adult

Team Registration begins in October. League play begins in December (Rising Star basketball begins in January).

Recreation Department League Schedules, Scores and Standings Now Posted on Web

Updated Web information now available for most youth and adult league play

Forgot where your Recreation softball team plays tonight? Want to know where your Recreation basketball teams is in the standings? Was your Recreation soccer team's game rained out and you want to know when the makeup game is scheduled?

All that information and more is available on the Recreation Department's website at www.montgomerycountymd.gov/rec. Sports team information is updated several times a week, so you'll be sure to have the most up-to-date information available. Check out the Rec on the Web today!

What are the differences among Competitive, Recreational, and Clinic Sports?

Competitive Sports are mostly adult sports, but also include the middle and high school basketball programs. Scores are kept and there are playoffs. Registration is by team only, but for most sports individuals can place themselves on a "free agent" list which is given to team managers looking to fill a roster spot.

Recreational Sports include all youth sports programs, with the exception of

the competitive middle and high school basketball programs. The emphasis is on fun and skill-building, and children of all levels play. Registration is either by pre-formed teams, or individuals may register and we will form teams from those registrations.

Clinics are instructional in nature. Emphasis is given to learning the rules and skill development. Any play is incidental to the instruction given.

Sports for Youth

Basketball Clinics

Grades 1-6: Presented by One on One Basketball, these fall clinics are designed to prepare you for the upcoming season. Fundamental skills including dribbling, shooting, passing, and defense will be emphasized in a fun, enjoyable, low pressure atmosphere.

6 Sessions **\$65.00**

Instructor: Inc One on One Basketball

162004	Germantown CC	9/24	Su	1:00pm- 2:00pm
162009	Germantown CC	9/24	Su	2:00pm- 3:00pm
162016	Germantown CC	9/24	Su	3:00pm- 4:00pm
162007	Wheaton CC	9/24	Su	12:00pm- 1:00pm
162012	Wheaton CC	9/24	Su	1:00pm- 2:00pm
162013	Wheaton CC	9/24	Su	2:00pm- 3:00pm
162006	Potomac CC	10/1	Su	12:00pm- 1:00pm
162008	Potomac CC	9/24	Su	1:00pm- 2:00pm

Soccer Clinics by

Brazilian Soccer Academy

Ages 5-12: Brazilian Soccer Academy, is developmentally appropriate soccer program for youth that captures the joy of the sport without adding competitive pressure. Soccer skills are introduced, demonstrated, practiced and coached to maximize every child's achievement. Please call the inclement weather line if weather is questionable or substantial rain has fallen the previous day 240-777-6889.

6 Sessions **\$65.00**

Instructor: Brazilian Soccer Academy Staff

164946	Damascus CC	9/17	Su	2:00pm- 3:00pm
164947	Damascus CC	9/17	Su	3:00pm- 4:00pm
164948	Damascus CC	9/17	Su	4:00pm- 5:00pm

Soccer Clinics by MD Sports

Grades K-5: Jazz Perazic's MD Sports now offers weekend clinics in addition to their after school program designed to provide participants with fundamental soccer skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for traditional recreation soccer leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork. Please call the inclement weather line if weather is questionable or substantial rain has fallen the previous day 240-777-6889.

6 Sessions **\$65.00**

Instructor: MD Sports Staff

161807	MCRD Offices	9/16	Sa	10:00am-11:00am
161808	MCRD Offices	9/16	Sa	11:00am-12:00pm
161809	MCRD Offices	9/16	Sa	12:00pm- 1:00pm
161810	Potomac CC	9/17	Su	2:00pm- 3:00pm
161811	Potomac CC	9/17	Su	3:00pm- 4:00pm
164693	Potomac CC	9/17	Su	4:00pm- 5:00pm
164694	Bauer Drive CC	9/17	Su	2:00pm- 3:00pm
164695	Bauer Drive CC	9/17	Su	3:00pm- 4:00pm
164696	Bauer Drive CC	9/17	Su	4:00pm- 5:00pm
165993	MCRD Offices	9/17	Su	2:00pm- 3:00pm
165994	MCRD Offices	9/17	Su	3:00pm- 4:00pm
165995	MCRD Offices	9/17	Su	4:00pm- 5:00pm

Soccer Clinics by UK Elite

A fun introduction to soccer using maximum activity and participation and highly stimulating fantasy games. Program is age-appropriate highly stimulating activity. The focus is on maximizing the number of touches each player has on the ball and creating a fun learning environment which stimulates learning, developing and polishing soccer skills for all ability levels.

International curriculum and instruction is provided by professional, trained and certified British trainers who are continually evaluated on a pay for performance basis. Please call the inclement weather line if weather is questionable or substantial rain has fallen the previous day 240-777-6889.

6 Sessions

\$70.00

Instructor: U.K.Elite Soccer Staff

Ages 5-6

164993	Longwood CC	9/11	M	5:00pm- 6:00pm
164994	Maplewood-Alta Vista LP9/12	Tu		5:00pm- 6:00pm
164995	Falls Road LP	9/13	W	5:00pm- 6:00pm
164996	Aberdeen LP	9/14	Th	5:00pm- 6:00pm
164997	Bauer Drive CC	9/15	F	5:00pm- 6:00pm
161802	Rosemary Hills LP	9/16	Sa	4:00pm- 5:00pm

Ages 6-7

164998	Longwood CC	9/11	M	6:00pm- 7:00pm
164999	Maplewood-Alta Vista LP9/12	Tu		6:00pm- 7:00pm
165000	Falls Road Local Park	9/13	W	6:00pm- 7:00pm
165001	Aberdeen Local Park	9/14	Th	6:00pm- 7:00pm
165002	Bauer Drive CC	9/15	F	6:00pm- 7:00pm

Ages 7-8

161803	Rosemary Hills LP	9/16	Sa	5:00pm- 6:00pm
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Ages 8-12

161804	Rosemary Hills LP	9/16	Sa	6:00pm- 7:00pm
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MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

8 Sessions

\$110.00

Instructor: Jazz Perazic's MD Sports

160857	Ritchie Park ES	9/16	Sa	9:00am-10:15am
160780	Luxmanor ES	9/18	M	3:15pm- 4:30pm
160781	Potomac ES	9/18	M	3:30pm- 4:45pm
160854	Jones Lane ES	9/18	M	3:15pm- 4:30pm
160793	Greenwood ES	9/18	M	3:15pm- 4:30pm
160853	Jackson Road ES	9/18	M	3:15pm- 4:30pm
160858	Somerset ES	9/18	M	3:15pm- 4:30pm
160782	Belmont ES	9/19	Tu	3:15pm- 4:30pm
160856	Oakland Terrace ES	9/19	Tu	3:30pm- 4:45pm
160791	Glen Haven ES	9/19	Tu	3:30pm- 4:45pm
160783	Bannockburn ES	9/20	W	3:30pm- 4:45pm
160785	Brooke Grove ES	9/20	W	3:15pm- 4:30pm
160787	Damascus ES	9/20	W	3:30pm- 4:45pm
160855	Kensington-Parkwood ES	9/20	W	3:15pm- 4:30pm
160861	Westover ES	9/20	W	3:30pm- 4:45pm
160784	Bethesda ES	9/21	Th	3:15pm- 4:30pm
160790	Glenallan ES	9/21	Th	3:15pm- 4:30pm
160792	Greenwood ES	9/21	Th	3:15pm- 4:30pm
160788	Darnestown ES	9/22	F	3:30pm- 4:45pm
160789	Flower Valley ES	9/22	F	3:15pm- 4:30pm
160860	Wayside ES	9/22	F	3:30pm- 4:45pm

MD Sports All Star Skills Clinic

Ages 8-17: Jazz Perazic's MD Sports. Learn the correct fundamental techniques, brush up on your skill, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.



6 Sessions \$140.00

Instructor: Jazz Perazic's MD Sports		
160769 Tilden MS	9/16 Sa	10:00am-12:00pm
160773 Damascus CRC	9/16 Sa	10:00am-12:00pm
160771 Bethesda-Ch Chase HS	9/17 Su	2:00pm- 4:00pm
160760 Kingsview MS	9/22 F	7:00pm- 9:00pm
160762 Ridgeview MS	9/22 F	7:00pm- 9:00pm
160763 Tilden MS	9/22 F	7:00pm- 9:00pm

MD Sports Lax Rox Lacrosse Clinics

Grades 3-6 Have fun! Improve you skills! Maximize your potential! Boys and Girls Team and individual registrations all accepted. Each player on a team must pay the individual fee of \$125 (min of 14 per team & max. of 20). Focus will be on skill development, sportmanship and fun. All players guaranteed equal playing time. Official Protective gear must be worn. On 9/16 boys will meet 9-11am. Girls will meet 11-1pm games times TBA for remaining Saturdays.

8 Sessions (individual fee) \$125.00

Instructor: Jazz Perazic's MD Sports		
160865 Georgetown Hill ES	9/16 Sa	TBA

MD Sports Field Hockey

Grades 4-8 (girls): Participants required to have their own stick, mouth piece and shin guards. The program begins with a skill instruction clinic followed by organized games scheduled by the site staff during weeks 2-8. Sign up as individuals to be placed on teams or sign up individually with a pre-formed team. All participants will receive a reversible jersey and participation medal. First place team will receive a trophy. Games will be held on Saturday and/or Sunday afternoons (depending on the number of teams).

15 Sessions \$125.00

Instructor: Jazz Perazic's MD Sports		
164396 Potomac CC	9/16 Sa, Su	3:00pm-6:00pm

MD Sports Pro Star Sport Sampler

Grades K-5: This MD Sports program is creative and fun. Participants will learn and play basketball, Soccer, Lacrosse and tennis. Great for all skill levels. Participants will learn new skills; improve agility, hand to eye coordination and overall athletic ability. A great way to introduce cross training.

8 Sessions \$110.00

Instructor: Jazz Perazic's MD Sports		
160863 Bradley Hills ES	9/19 Tu	3:15pm- 4:30pm
160766 Wood Acres ES	9/21 Th	3:15pm- 4:30pm
160765 Beverly Farms ES	9/22 F	3:15pm- 4:30pm

MD Sports Kickball

Grades K-5: Cost \$45. 4 week class. You know the name and you know the game. Bring your friends and let's have some fun. Get fit, improve your agility and your skills. Every participant will receive a MD Sports t-shirt.

4 Sessions \$45.00

Instructor: Jazz Perazic's MD Sports		
161604 Damascus ES	9/30 Sa	9:00am-10:00am
161605 North Chevy Chase ES	9/30 Sa	9:00am-10:00am

MD Sports 3 on 3 Basketball Tournament

Grades 6-8: MD Sports Hoopfest. 3 on 3 basketball tournament and community event. Tournament will run 9am-5pm on Saturday and Sunday. Teams may have a max of 5 players. Separate teams for boys and girls. Each player will receive a t-shirt and participation medal. top 2 teams will receive trophies.

Team fee \$90.00

Registrations must be received by Nov. 1st.

Instructor: Jazz Perazic's MD Sports		
162256 Bethesda-Ch Chase HS	11/4 Sa, Su	9:00am- 5:00pm

MD Sports Pro Kix Soccer Clinics

Grades K-5: Jazz Perazic's MD Sports presents an after school program designed to provide participants with fundamental soccer skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for traditional recreation soccer leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork. Class begins immediately after dismissal from school.

8 Sessions \$110.00

Instructor: Jazz Perazic's MD Sports		
161202 Bannockburn ES	9/18 M	3:30pm- 4:45pm
161203 Damascus ES	9/18 M	3:30pm- 4:45pm
161204 Flower Valley ES	9/19 Tu	3:15pm- 4:30pm
161208 Somerset ES	9/19 Tu	3:15pm- 4:30pm
161205 Darnestown ES	9/20 W	3:30pm- 4:45pm
161206 Glen Haven ES	9/20 W	3:30pm- 4:45pm
161207 Glenallan ES	9/20 W	3:15pm- 4:30pm
161209 Westover ES	9/20 W	3:30pm- 4:45pm
161211 Stone Mill ES	9/21 Th	3:15pm- 4:30pm
161210 Jones Lane ES	9/22 F	3:30pm- 4:45pm
161212 Travilah ES	9/22 F	3:15pm- 4:30pm

MD Sports Ultimate Frisbee

Grades 4-8: Every participant will receive four weeks of ULTIMATE instruction with games and a MD Sports t-shirt. This is an instructional, recreational and ultimate fun experience. It's simple, it's easy and it's fun. Improve your agility, speed and stamina while having more fun than you thought possible. Ultimate Frisbee stresses sportsmanship and fair play.

4 Sessions \$45.00

Instructor: Jazz Perazic's MD Sports		
161603 Mill Creek Towne ES	9/30 Sa	11:00am-12:00pm
161602 Damascus CRC	10/7 Sa	1:00pm- 2:00pm

Sports for Adults**MD Sports Women's Basketball Clinics**

Ages 18&Up: This is an instructional and fun basketball program for women. Learn skills the game your children love to play. It is a great form of exercise too. Get insight into drills and strategies necessary to play and teach the game. No prior experience necessary. This is your night out. Let's Hoop, let's learn and burn!

6 Sessions \$80.00

Instructor: Jazz Perazic's MD Sports		
162303 Damascus CRC	9/19 Tu	7:00pm- 8:15pm
162302 Germantown CC	9/20 W	7:00pm- 8:15pm
162304 Gwendolyn Coffield CC	10/3 Tu	7:00pm- 8:15pm

MD Sports Women's Soccer Clinics

Ages 18&Up: Learn the game your children love to play. No prior experience necessary. Get insight into techniques and tactics necessary to play and teach the game. Learn and burn.

6 Sessions \$80.00

Instructor: Jazz Perazic's MD Sports		
162306 Potomac CC	9/17 Su	10:30am-11:45am
161213 Gwendolyn Coffield CC	9/27 W	7:00pm- 8:15pm



Fast, easy online registration with RecWeb at
montgomerycountymd.gov/rec

TEEN

Wheaton and Blair Sports Academy

The Wheaton and Blair Sports Academy program provides high school students with the opportunity to participate in after-school intramural sports in a safe, positive, and supervised environment. In addition to sports such as basketball, soccer, ping-pong and weightlifting, there are special event days for Sports Academy participants. Special event days offer pizza, numerous games and prizes.

We're Online!

For the latest information, schedules or brochures on any of these activities please call the Teen Team at 240-777-6985 or check out our web page at www.montgomerycountymd.gov/rec.

Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call 240-777-6985 for more information and applications.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June. **The application deadline for the fall session is mid-September.**

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.



County-wide Special Events

Half-Day Events

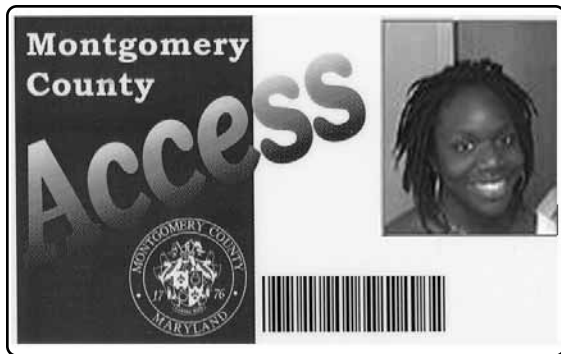
On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie night, and dances. Contact the Teen Team Office at 240-777-6985 for more information.

Under-21 Special Events

DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Sponsored by the Montgomery Youth Advisory Committee. Contact the Teen Team Office at 240-777-6985 for more information.

For more information on volunteer opportunities for Teens, please call the Teen Team Office at 240-777-6985.

ACTIVITIES



I've got mine...

Do you have your ACCESS Card, yet? You will need an ACCESS Card to participate in all these great teen programs. You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes—fill out a form (parental signature required), take it to any Recreation facility, get your picture taken, and your photo card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to www.montgomerycountymd.gov/rec



Regional Teen Activities

TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call the Teen Team for information.



REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. Starting this fall, **every** Montgomery County middle school will receive additional recreation programs during their current after-school time frame. Middle schools have three days of after-school programming. Interested in a specific program at your middle school? Contact

your After-School Activities Coordinator or call the Teen Team.

AFTER HOURS

These popular Friday evening programs for middle school students are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events. Call the Regional Office for more information.



SENIORS - 55 AND



Seniors keeping fit at Holiday Park Senior Center.

Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Fall.

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

Senior Centers

Damascus Senior Center * +
(M-F, 9:00am-4:00pm)
9701 Main Street, Damascus
240-777-6995

Gaithersburg Upcounty Senior Center * +
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg
301-258-6380
Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * +
(M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton
301-468-4448

Long Branch Senior Center * +
(M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * +
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Senior Programs
If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)
Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors + (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm)
Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring

Clarksburg Seniors
(W 10:00am-2:00pm)
Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield Seniors
(W, Th, 10:00am-2:00pm)
Coffield Community Center,
2450 Lyttonville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * +
(Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* + (Th 10:00am-2:00pm)
Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown Seniors * +
(M, Th, 10:00am-2:00pm)
Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Senior Program
(Tu, W, F, 9:00am-4:00pm)
Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors + (M 10:00am-2:00pm)
Longwood Community Center,
19300 Georgia Avenue, Brookeville

Owens Park Seniors +
(W, 10:00am-2:00pm)
Owens Park Recreation Center
19900 Beallsville Road, Beallsville
301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)
Potomac Community Center,
11315 Falls Road, Potomac

Waverly House Seniors *
(W, Th 10:00am-2:00pm)
Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available
+ Limited transportation available

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6
Sundays 3:30pm,
Mondays 9:30am,
Tuesdays 1:30pm,
Wednesdays 8:30pm,
Thursdays 12:30pm,
Fridays 7:30pm, or
Saturdays 11:30am.

FORWARD THINKING

Special Activities and Events

Margaret Schweinhaut Senior Center

The New Election Machine and How It Works

Tuesday September 5, 10:30am. A hands on demonstration. Learn how to use the large print category, brail or auditory aspects. Free

Big Band Tradition Friday September 8, 6:30pm

A twenty piece orchestra plays big band dance music. Feel like moving to the rhythm? You are invited! Small fee.

Family Caregiver Education Programs Every second and fourth Saturday starting September 9. These seminars are designed for people who give care to individuals over 60. Call 240-777-1720, Linda Hickman for more details. Free

National Concert Band Sunday October 15, 2:30pm. Be a part of the audience that listens to this 60 piece orchestras composed of ex-military band members. Free



Just some of the Damascus seniors at Woodfield ES.

Holiday Park Senior Center

Five Ben Jonson Comedies Mondays, September 11, 18, 25 & October 9, 10:00am to Noon. Fee: \$6.00 per class. A reading and discussion series facilitated by Clarence Steinberg, PhD, Retired University of MD English Literature Professor. Jonson was a contemporary of William Shakespeare.

Hudson River School Landscape Artists

Wednesday, September 13, 1:15pm. Free. Presented by Joan Hart, Executive Director of Museum One. American painters such as Thomas Cole and Frederic Church will be emphasized.

The Realistic Novel October through February 2007 (5 Mondays) 10:00am-Noon. An overview and comparison of American realistic literature through the centuries with Diane Rowland Ph.D. Fee: \$10 per class/\$40 for 5 classes.

Holiday Park Celebrates It's Twenty-Fifth Anniversary in November with Music Thru the Generations. See newsletter for days and times.

Damascus Senior Center

Ice Cream Social Tuesday September 12, 1:00pm Sponsored by DSCSI. Free to members.

Air and Space Museum Trip Thursday September 21, 10:00am-4:00pm. Visit this new facility in Herndon, VA that tells the history of Aviation. Sponsored by DSCSI. Fee TBA. Sign up at center. First come/first served. Must pay to reserve a space.

Halloween Party Tuesday October 31, 1:00pm Live entertainment plus spooky food and snacks. Sponsored by DSCSI.

Thanksgiving Dinner at Damascus High School Thursday November 16, at 7:00pm. A wonderful dinner and provide wonderful entertainment. Dinner is free for Damascus Seniors. Sign up in advance at Center.

Long Branch Senior Center

Dressing to Look Your Best Tuesday September 12, 11:00am. Tired of the old look? Have some fun discussing tips on dressing your best from color coordination to figure flattering styles with an Adventist Healthcare speaker.

"The 50's Rock!" Anniversary Party Wednesday, September 27, 11:00am-2:00pm. Act your age! Dance to the samba, conga, Elvis and other 50's hits with the JC Combo. Then dine in style with a special luncheon. Reservations with \$5.00 payment in advance are required.

Día de la Raza Celebration Thursday, October 12, 11:00am. Join in the parade of nations and celebrate Hispanic cultures with music and song. Free.

Painkillers and Side Effects Thursday, November 16, 11:00am. Pharmacist Abdul Kham from Holy Cross Hospital shares the latest information on painkillers and their side effects.

Neighborhood Senior Programs

Dale Jarrett singer-pianist, everyone's favorite performer, will showcase song classics. No fee.

Bauer Drive Community Center
October 9, 12:30pm
Longwood Community Center
October 23, 12:30pm

Choralettes a 30-voice singing group from Leisure World perform at Longwood Community Center, on November 20 at 12:30pm

Class Act performs song & dance at Owens Park Recreation Center on October 25 at 12:30pm

Call 301-468-4540 for more information.

Beacon
InfoEXPO

In partnership with

SUNDAY, SEPTEMBER 10
Noon – 4 p.m.
White Flint Mall; N. Bethesda, MD

Informative Exhibits • Expert Speakers
Health Screenings • Entertainment
Giveaways & Door Prizes

FREE! Call (301) 949-9766 to register.

Start Soaring-It's the thing to do!

Awaken the spirit of adventure! Specially designed day trips for the active senior age 55 and above. Call 301-468-4540 for trip and registration information. You must use the registration procedures and form in the SOAR brochure. All travel is by luxury motorcoach unless otherwise noted. Mail in registration begins with August 8, 2006 postmark.

160004 "Georgetown, Colonial Port to Elite Neighborhood"**Wed. Sept. 20**

Walk Georgetown with historian Mary Kay Ricks. Hear how it became home to the rich and famous. Lunch (on own), then a guided tour of Tudor Place and see heirlooms of George Washington's.

Fee: \$45 Leave 9:00 am, Return 5:00 pm

160006 Bicycling Around St. Michael's on the Eastern Shore**Thurs. Sept. 28**

Enjoy leisurely biking. The area is level and easily traversed. Afterward, explore the many shops and restaurants. You have two options: Option A: \$39 provides a two hour bike rental. Option B: If space is available, \$33 will allow you to tour on your own without bike.

Fee: \$39/33 Leave 8:00 am, Return 5:00 pm

**160008 63rd Waterford, VA Homes Tour & Crafts Festival****Fri. Oct. 6**

The oldest juried craft fair in Virginia. Witness music and dance, see demonstrations by over 140 artisans, art exhibits, military re-enactments and tours. Wear comfortable walking shoes.

Fee: \$40 Leave 8:45 am, Return 5:00 pm

160009 Tour Gettysburg Battlefield with Historian**Thurs. Oct. 12**

A New Tour! Take a walking and riding tour with Ed Bearss, a retired Park Service Chief Historian and author of 15 books on the Civil War. Buffet lunch (included) at a local restaurant.

Fee: \$58 Leave 7:45am, Return 5:00

**160012 Walking Tour of Historic Colonial Dover, Delaware****Thurs. Oct. 19**

With guide, see the village green laid out by William Penn, and the site where the Constitution was ratified. Also tour Delaware's State House and the Victrola Museum. A buffet lunch at Golden Corral is included.

Fee \$50 Leave 7:30am, Return at 5:30pm

160014 Walking Tour of Thomas Jefferson's Estate at Monticello**Thurs. Oct. 26**

A guided tour of the home and surrounding gardens of Thomas Jefferson, the philosopher of the American Revolution. Enjoy a delicious Colonial lunch (included) at Historic Michie Tavern.

Fee: \$65 Leave 7:00am, Return 6:00pm

**160015 Guided and Narrated Walking Tour of Naval Academy****Thurs. Nov. 2**

View the historic grounds; hear the fascinating history, legends, and traditions; watch the Brigade Noon Formations and explore the Naval Museum. Lunch (on own) in Annapolis with time to walk.

Fee: \$39 Leave 8:00am, Return 4:00pm.

160016 Spies of Washington Tour with Gary Powers, Jr.**Thurs. Nov. 9**

An introduction to many of the locations in and around Washington that have been associated with intelligence and counter intelligence activities. Gary Powers, Jr. will give a briefing and Carol Bessette, a retired Air Force Intelligence Officer, will narrate the tour. Lunch (on own) in Georgetown.

Fee: \$45 Leave 8:30am, Return 4:30pm

**160018 Oatlands Plantation and Morven Park Carriage Museum****Thurs. Dec. 7**

Guided walking tours of two fine 19th Century historic estates. Enjoy the beautiful Christmas decor in the Oatlands mansion. Lunch (on own) plus shopping at Leesburg Premium Outlet food court.

Fee: \$49 Leave 8:00am, Return at 5:30pm

160019 Walking Tour of the White House in Holiday Décor in mid-December

A walking tour of the White House decorated in its Christmas splendor! Also take a guided tour of the exhibits in the Thomas Jefferson Building of the Library of Congress and lunch (on own) at Union Station. Date of trip, departure and return times, will be announced in November.

Fee: \$38

Age 55+ Health and Wellness

The listing below is just a sampling of the many health and fitness related programs offered. Check out page 78 to find the closest senior center or neighborhood program and stop by and see what health and fitness opportunities are there for you.

Nature Lovers Adventures for Active Adults with instruction from Montgomery County Recreation Department's experienced staff.

- **Introduction to Sea Kayaking** September 12 (2 hour pre trip training/meeting) and 13 on the Potomac River. Swimming ability required. Fee:\$35 per person.
- **Introduction to Canoe Fishing** September 20(2 hour pre trip training/meeting) and 21 on Seneca Creek and the Potomac River. Swimming ability required. Fishing license required if you wish to fish. Fee:\$25 per person



Call 301-468-4540 to request a flyer/registration form and/or to obtain more information on either or both adventures

Fee for both adventures includes van transportation, canoes/kayaks and paddles, life jackets, safety equipment and instruction.

Physical Fitness for Your Health



Yoga class at Holiday Park Senior Center

- **Yoga Adapted For Seniors** at Forest Glen Senior Center, Fridays, 10:30am starting in September. Fee: \$3.00 per session. This class shows how to stretch your whole body while doing controlled breathing. Sequences are done sitting on or standing next to a chair. Yoga improves range of motion, posture and balance.
- **Yoga and Meditation** at Holiday Park Senior Center, Begins Friday, September 8 for 12 sessions. Fee: \$36.00 w/HPSI card, \$42.00 w/o Card. A half hour of gentle stretching and relaxation techniques followed by a half hour of meditation. Learn specific methods of meditation that will take you inside yourself where you will learn to observe the mind and the breath and sit in silence. Chairs will be used for meditation practice.

- **Better Bones** at Forest Glen Senior Center, Mondays and Thursdays, 2:00pm. Free. Focuses on: reducing the rate of bone loss, improving balance and flexibility, and enhancing energy for well being. Call Holy Cross Hospital at 301-754-8800 to register and receive your doctor's permission form.

Dance at Damascus Senior Center

Tap Dance Mondays at Noon. Lois Glick teaches classic tap steps and smooth tap moves. Fee: \$30.00 for 8 weeks.

Tea Dances Thursdays at 1:00pm. Ballroom Dancing where you can dance to your favorite songs. Partner recommended. Fee \$2 per person. Sponsored by DSCSI.



Exercise class at Holiday Park Senior Center

Mental Fitness for Your Health

- **Tuesdays at 10:00am** at Holiday Park Senior Center. Free. A counselor-facilitated group on issues associated with aging such as living alone, finances, housing and relationships. Presented by the Positive Aging Project and funded by Rite-Aid Drug Stores.
- **If You Don't Use It, You Lose It** at Long Branch Senior Center. Conversations with Dr. Rae Weiss meets on the second and fourth Thursday of the month at 10:15am and looks at positive approaches to aging. Free. Just one of several discussion groups available each month.

Screening for Your Health

- **Blood Pressure Screening** at Long Branch Senior Center Tuesdays 9:00-2:30pm. By Suburban Hospital nurse. She also provides free consultation and monitoring of cardiovascular disease to qualified seniors over 65.

Seniors Ride Free on Ride On Bus

9:30am to 3:00pm
Monday-Friday

Seniors must be 65 years and older and have a valid Metro Senior ID card or Medicare card with photo ID

Call Transit Information Center for more information, 240-777-RIDE



THERAPEUTIC RECREATION

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.

Programs to look for in the Fall Therapeutic Recreation brochure

TR Adult Social Clubs Register for exciting weekend activities for ages 21 and older.

Come make new friends and join the fun.

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include a Halloween dance on October 28 and a Holiday Celebration on December 9. Our dances are at the Holiday Park Senior Center.

Children's Programs

Good Sports-Games and Things

Ages 6-12 with physical disabilities: Just like Project Discovery in the summer, playing games in the gym is great! The fun continues this fall. Enjoy spending time with your friends and learn more about yourself and what you can do! 1 staff to 4 participants.

8 one and one half hour sessions. **\$35**
159864 Holiday Park SrC 10/7 Sa 10:30am

Karate for Individuals with Disabilities

Ages 6&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

10 Forty-five minute sessions **\$88**
159853 Holiday Park SrC 9/9 Sa 9:00am
159854 Holiday Park SrC 9/9 Sa 9:45am

Family Art with Create

Ages 6 & up, with Autism Spectrum Disorders: An exciting new class for parent and child to work on projects together or individually. A variety of materials will be available. Instructors are certified art therapists, who will provide a cheerful, creative and supportive atmosphere. Participants should be able to indicate basic wants and needs, have self-help skills, and work in a 1 staff to 8 participants ratio. Class fee is per person. Parent registration and participation is required. \$15 material fee due to instructor at first class. Instructor: Create Arts Center.

8 One hour sessions **\$90**
159863 Create Arts Center 10/12 Th 5:30pm

Volunteers Needed:

To support Therapeutic Recreation programs and mainstreaming in general recreation programs. Orientation provided.

Call the Volunteer Coordinator at 301-468-4540.

AbraKadoodle - Special Needs

Ages 3-6, with disabilities: Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. Parents stay as helpers. No personal care provided. \$30 material fee due to instructor.

Instructor: AbraKadoodle®

4 Forty-five minutes sessions **\$35**
165293 Wheaton CC 10/3 Tu 3:30pm
165295 Wheaton CC 10/3 Tu 4:30pm
165296 Wheaton CC 11/14 Tu 3:30pm
165297 Wheaton CC 11/14 Tu 4:30pm

Teen and Adult Programs

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care provided. No class on 11/23.

8 One hour and thirty minute sessions **\$35**
159855 ML King AqC 10/10 Tu 8:30pm
159856 Montgomery AqC 10/12 Th 8:30pm
159857 Germantown Indoor 10/11 W 8:30pm

Beginning Handbuilt

Pottery for Adults

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due to instructor. 1 staff to 8 participants. No personal care provided.

8 One hour sessions **\$63**
159862 Wheaton CC 10/11 W 1:30pm

VisArts Access: Art & Craft Creations

Ages 18&Up, with disabilities: Students discover painting, drawing, fabric art, sculpture, crafts, beading, sand art, and more! Projects are personalized to student's individual needs by an experienced instructor. The goals of this class are to increase manual dexterity, promote positive self-esteem, nurture creative thinking, and to have fun! No personal care provided. \$15.00 materials fee due to instructor at first class Instructor: Donna King

8 One hour sessions **\$70**
164945 VisArts Center 10/3 Tu 1:00pm

Our new phone number
after 9/7 is 240-777-4925.

PROGRAMS

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 One hour sessions **\$35**
159860 Holiday Park SrC 10/12 Th 3:30pm

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions **\$35**
159858 Germantown CC 10/8 Sun 1:00pm

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants. No class on 11/23.

8 One hour sessions **\$33**
159865 Bauer Drive CC 10/12 Th 7:00pm
159866 Wheaton CC 10/9 M 7:00pm
159867 Bauer Drive CC 10/12 Th 8:00pm
159868 Germantown CC 10/10 Tu 7:30pm

Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision-making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic wants and needs. Registration form will be in the TR Fall Brochure. Fall schedule will begin in October.

Active Adults Club Adults, ages 21 and older, with mental retardation. 1 staff to 5 participants.

Events require members to actively participate in community trips and group activities.

Weekenders Club Adults, ages 21 and older, with learning disabilities. 1 staff to 6 participants.

This club serves independent members in group activities that are socially exciting in the community.

Year Round Adult Club

Socializers Adults, ages 21 and older, with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants. Meets on weekends.

Base meeting site: Inwood House,
10921 Inwood Avenue,
Silver Spring.



TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive, Wheaton, MD 20906

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

A Penny for your Thoughts...



Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at
montgomerycountymd.gov/content/rec/survey.asp.

Your comments will help us to improve our services.



Creative Arts Classes

Fall 2006

Beginning September 11

Classes for Adults, Teens and Children

Germantown Town Center
MD 118 & Middlebrook Road
12901 Town Commons Drive
Germantown, MD 20874

DANCE

MUSIC

THEATER ARTS

VISUAL ARTS

LIMITED
SCHOLARSHIPS
AVAILABLE

DANCE	
Ballet	Hip Hop
Urban Funk	
Musical Theater Dance	

Pilates 50+
Dance Workout
Creative Writing

MUSIC			
Mommy & Me Music	Piano	Guitar	Voice

VISUAL ART WORKSHOPS			
Painting	Watercolor	Mosaics	Sculpture
Photo Art	Drawing	Printmaking	

Homeschool classes
Visual Arts Classes for Special Needs Students
Early Childhood Classes

** Not affiliated with Montgomery County Recreation Department.

For more information, call **240.912.1053** or visit www.blackrockcenter.org

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Fall!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!
Just call the team you want to work with.

We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 87.

Check out a center from home: Virtual Tours of our centers are available online at www.montgomerycountymd.gov/rec under Locations.

Facility Locations

ELEMENTARY SCHOOLS (ES)

Bannockburn ES-6520 Dalroy LN, Bethesda
Barnsley, Lucy ES-
14516 Nadine DR, Rockville
Belmont ES-19528 Olney Mill RD, Olney
Bethesda ES-5011 Moorland LN, Bethesda
Beverly Farms ES-
8501 Post Oak RD, Rockville
Bradley Hills ES-
8701 Hartsdale AVE, Bethesda
Brooke Grove ES-2700 Spartan RD, Olney
Chevy Chase ES-
4015 Rosemary ST, Chevy Chase
Clarksburg ES-
13530 Redgrave PL, Clarksburg
Clopper Mill ES-
18501 Cinnamon DR, Germantown
Cloverly ES-
800 Briggs Chaney RD, Silver Spring
Damascus ES-
10201 Bethesda Church RD, Damascus
Darnestown ES-
15030 Turkey Foot RD, Gaithersburg
DuFief ES-15001 DuFief DR, Gaithersburg
Flower Valley ES-
4615 Sunflower DR, Rockville
Georgetown Hill ES-
11614 Seven Locks RD, Rockville
Glen Haven ES-
10900 Inwood AVE, Silver Spring
Glenallan ES-
12520 Heurich RD, Silver Spring
Greenwood ES-
3336 Gold Mine RD, Brookeville
Jackson Road ES-
900 Jackson RD, Silver Spring
Jones Lane ES-15110 Jone LN, Darnestown
Kensington-Parkwood ES-710 Saul RD,
Kensington
Luxmanor ES-6201 Tilden LN, Rockville
McAuliffe, S. Christa ES-12500 Wisteria DR,
Germantown
Mill Creek Towne ES (Bldg CLOSED)-
17700 Park Mill DR, Rockville
North Chevy Chase ES-
3700 Jones Bridge RD, Chevy Chase
Oakland Terrace ES-
2720 Plyers Mill RD, Silver Spring
Olney ES-3401 Queen Mary DR, Olney
Poolesville ES-
19565 Fisher AVE, Poolesville
Potomac ES-10311 River RD, Rockville
Resnik, Judith A. ES-
7301 Hadley Farms DR, Gaithersburg
Ritchie Park ES-1514 Dunster RD, Rockville
Rock View ES-
3901 Denfeld AVE, Kensington
Rolling Terrace ES-
705 Bayfield ST, Takoma Park
Rosemary Hills ES-
2111 Porter RD, Silver Spring
Sequoyah ES-
17301 Bowie Mill RD, Derwood
Sligo Creek ES-
500 Schuyler RD, Silver Spring
Somerset ES-
5811 Warwick PL, Chevy Chase
Stedwick ES-
10631 Stedwick RD, Gaithersburg
Stone Mill ES-14323 Stonebridge View DR,
Gaithersburg
Travilah ES-
13801 Dufief Mill RD, Gaithersburg

Wayside ES-10011 Glen RD, Potomac
Westover ES-
401 Hawkesbury LN, Silver Spring
Wood Acres ES-
5800 Cromwell DR, Bethesda
Woodfield ES-
4200 Woodfield RD, Gaithersburg
Wyngate ES-9300 Wadsworth DR, Bethesda

SECONDARY SCHOOLS (MS or HS)

Bethesda-Chevy Chase HS-
4301 East West Highway, Bethesda
Blair, Montgomery HS-
51 University BLVD E, Silver Spring
Briggs Chaney MS-
1901 Rainbow DR, Silver Spring
Concord School-
7210 Hidden Creek RD, Bethesda
Frost, Robert MS-9201 Scott DR, Rockville
Johnson, Walter HS-
6400 Rock Spring DR, Bethesda
Kingsview MS-
18909 Kingsview RD, Germantown
Newport School-
11311 Newport Mill RD, Kensington
Poole, John MS-
17014 Tom Fox AVE, Poolesville
Quince Orchard HS-15800 Quince Orchard
RD, Gaithersburg
Ridgeview MS-
16600 Raven Rock DR, Gaithersburg
Shady Grove MS-
8100 Midcounty HWY, Gaithersburg
Sligo MS-1401 Dennis AVE, Silver Spring
Tilden MS-
11211 Old Georgetown RD, Rockville
White Oak MS-12201 New Hampshire AVE,
Silver Spring
Wood MS-14615 Bauer DR, Rockville

COMMUNITY CENTERS (CC)

Bauer Drive CC-
14625 Bauer DR, Rockville
Clara Barton CC-
7425 MacArthur BLVD, Cabin John
Damascus CRC-
25520 Oak DR, Damascus
East County CC-3310 Gateshead Manor
WAY, Silver Spring
Fairland CC-
14906 Old Columbia PK, Burtonsville
Germantown CC-
18905 Kingsview DR, Germantown
Gilchrist Center for Cultural Diversity-
11319 Elkin ST, Wheaton
Gwendolyn Coffield CC-
2450 Lyttonsville RD, Silver Spring
Leland CC-
4301 Willow LN, Chevy Chase
Long Branch CCR-
8700 Piney Branch RD, Silver Spring
Longwood CC-
19300 Georgia AVE, Brookeville
MCRD Offices-
4010 Randolph RD, Silver Spring
Potomac CC-
11315 Falls RD, Potomac
Ross Boddy CC-
18529 Brooke RD, Sandy Spring
Upper County CC-
8201 Emory Grove RD, Gaithersburg
Wheaton CC-
11711 Georgia AVE, Wheaton
Also see page 87.

SENIOR CENTERS (SrC)

Holiday Park SrC-
3950 Ferrara DR, Wheaton
Schweinhaut SrC-
1000 Forest Glen RD, Silver Spring
Also see page 87.

POOLS (P, AqC, SwC)

Germantown Indoor Swim Center-
18000 Central Park Cir, Boyds
Martin Luther King Swim Center-
1201 Jackson RD, Silver Spring
Montgomery Aquatic Center-
5900 Executive BLVD, N. Bethesda
Olney Swim Center-
16601 Georgia AVE, Olney
Upper County Pool-
8211 Emory Grove RD, Gaithersburg
Also see page 5.

LIBRARIES

Bethesda Regional Library-
7400 Arlington RD, Bethesda
Little Falls Community Library-
5501 Massachusetts AVE, Bethesda
Wheaton Regional Library-
11701 Georgia AVE, Wheaton

PARKS (LP, NP, PC)

Argyle Local Park-
1030 Forest Glen RD, Silver Spring
Camp Seneca Local Park-
14500 Clopper RD, Boyds
Capital View-Homewood Local Park-
2929 Edgewood RD, Kensington
Glenmont Local Park-
3201 Randolph RD, Wheaton
Kemp Mill Estates Local Park-
120 Claybrook DR, Wheaton
Maplewood-Alta Vista Local Park-
5209 Alta Vista RD, Bethesda
Norbeck-Muncaster Mill Neighborhood
Park-4101 Muncaster Mill RD, Norbeck
North Chevy Chase Local Park-
4105 Jones Bridge RD, Chevy Chase
North Four Corners Local Park-
211 Southwood AVE, Silver Spring
Norwood Local Park-
4700 Norwood RD, Bethesda
Pilgrim Hills Local Park-
1615 E Randolph RD, Colesville
Quince Orchard Valley Neighborhood Park-
12015 Suffolk TER, Gaithersburg
Rosemary Hills Local Park-
2450 Lyttonsville RD, Chevy Chase
Tilden Woods Local Park
-6800 Tilden LN, Potomac
Veirs Mill Local Park-
4425 Garrett Park RD, Wheaton

OTHER FACILITIES

ACT TBA-, Rockville
Camp Olympia-
5511 Muncaster Mill RD, Rockville
Concord Center-
7210 Hidden Creek RD, Bethesda
Create Arts Center-
816 Thayer AVE, Silver Spring
Jin Pal Hapkida Martial Arts Academy-
7427 Lindbergh DR, Germantown
Kritt Studio-
14817 Brownstone DR, Burtonsville
Philbin's Athletic Training Center-
9168 Gaither RD, Gaithersburg

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase 240-777-6900
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County 240-777-4980
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring 240-777-4910
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown



Residents enjoy the fun at Burtonsville Day Celebration at Fairland Community Center. Come celebrate with us September 29-30. (see ad on page 3)

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center	301-229-0010
7425 MacArthur Boulevard, Cabin John	
Bauer Drive Community Center	301-468-4015
14625 Bauer Drive, Rockville	
Ross J. Boddy Community Center	301-570-1204
18529 Brooke Road, Sandy Spring	
Gwendolyn E. Coffield Community Center	240-777-4900
2450 Lyttonsville Road, Silver Spring	
Damascus Community Center	240-777-6930
25520 Oak Drive, Damascus	
East County Community Center	301-572-7004
3310 Gateshead Manor Way, Silver Spring	
Fairland Community Recreation Center	240-777-4970
14906 Old Columbia Pike, Burtonsville	
Germantown Community Center	301-601-1680
18905 Kingsview Road, Germantown	
Charles W. Gilchrist Center for Cultural Diversity	240-777-4940
11319 Elkin Street, Wheaton	
Good Hope Community Center	301-989-1210
14715 Good Hope Road, Silver Spring	
Leland Community Center	301-652-2249
4301 Willow Lane, Chevy Chase	
Long Branch Community Center	301-431-5702
8700 Piney Branch Road, Silver Spring	
Longwood Community Center	301-570-1200
19300 Georgia Avenue, Brookeville	
Plum Gar Community Center	301-601-0966
19561 Scenery Drive, Germantown	
Potomac Community Center	240-777-6960
11315 Falls Road, Potomac	
Scotland Community Center	301-983-4455
7700 Scotland Drive, Potomac	
Upper County Community Center	301-840-2469
8201 Emory Grove Road, Gaithersburg	
Wheaton Community Center	301-929-5500
11711 Georgia Avenue, Wheaton	

Aquatic Centers: See page 5
Senior Centers: See page 78
Other Locations: See page 86



Fall Programs 2006

To register or request a brochure, call 301.585.1225.
See complete program details at www.roundhousetheatre.org.

These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

PRE-K AND ELEMENTARY SCHOOL

Dramatots

(Pre-K to K)

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23)
10 – 11 a.m.

Tuition: \$200

Instructor: Pamela Jackson

Using their imaginations as their guides, students will explore familiar stories and create new ones through creative play, movement, and visual art.

Destination: Anywhere!

(Grades 1–5)

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23)
10 – 11 a.m.

Tuition: \$200

Instructor: Audra Polk

In Destination: Anywhere! students explore distant lands and other times through creative dramatics and visual arts. Every class is a unique adventure as students' imaginations take them everywhere from Mars to Ancient Egypt.

Total Body Theatre

(Grades K–2)

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23)
10 – 11 a.m.

Tuition: \$200

Instructor: Deborah Feigenson

Total Body Theatre engages the entire child—body, voice, and mind—through creative dramatics, group games, and basic theatrical storytelling exercises. This fast-paced, fun-filled class is sure to excite the imagination and inspire the creation of marvelous characters.

Stories Come Alive

(Grades 3–5)

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23)
10 – 11 a.m.

Tuition: \$200

Instructor: Alexis Rose

If you've ever wondered what a story would look like in live-action, this is the class for you! Students will take famous stories of action and exploration and bring them to life through playmaking and performance.

MIDDLE SCHOOL (GRADE 6–8)

Improvisation

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23)
11 a.m. – 1 p.m.

Tuition: \$300

Instructor: Michael Kelley

In this class, students will learn to create characters and perform their stories in a blink of the eye. Improvisation focuses on freeing the imagination and increasing creative collaboration.

Musical Theatre

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class on September 23)

11 a.m. – 1 p.m.

Tuition: \$300

Instructor: Debby Arseneaux

Ever wanted to be a triple threat performer? Then Musical Theatre is the place for you. Students will prepare scenes from hit musicals and learn vocal, acting, and movement techniques. This class offers participants the opportunity to develop existing skills and discover new ones in a fun and supportive environment.

Youth OnStage

Class Days/Dates/Time: Saturdays, September 9–November 18 (no class September 23)

1 – 3 p.m.

Tuition: \$300

Instructor: Meredith King

Youth OnStage allows students to learn about theatre by making it! Over the course of eight weeks, students will develop and rehearse an original play based on their own ideas, interests, and influences. During the final two class sessions, students will perform at sites in Montgomery County. (Families are responsible for their own transportation to/from performance sites).

HIGH SCHOOL (GRADE 9–12)

Acting for the Stage

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23), 10 a.m. – Noon

Tuition: \$300

Instructor: Patrick Crowley

This class will provide students with the necessary acting skills and techniques to analyze and perform contemporary scripts. The tools provided to students will assist them in creating richer, fuller characters, and reaching the heart of scenes and monologues.

Improvisation

Class Days/Dates/Time: Saturdays, September 9–November 11 (no class September 23), 1 – 3 p.m.

Tuition: \$300

Instructor: John Michael MacDonald

Through games and structured experimentation, improvisation encourages self-confidence and welcomes spontaneity while teaching participants how to think on their feet.

ADULTS

Scenes from the Season

Class Days/Dates/Time: Tuesdays, September 12–October 31

7:30 – 9:30 p.m.

Tuition: \$325

Instructor: Patrick Torres

In this class, participants will perform scene excerpts from plays being produced in the 2006/2007 season at Round House Theatre. The diverse genre of these plays offer students the opportunity to explore different styles of acting by focusing on script analysis, movement, and characterization.

Improvisation

Class Days/Dates/Time: Tuesdays, September 12–October 31

7:30 – 9:30 p.m.

Tuition: \$325

Instructor: Kevin Corbett

Thinking on your feet is not just a skill for actors. Anyone in any profession can apply improvisational skills to everyday experiences. Through improvisational games and structured experimentation, this class encourages self-confidence and welcomes spontaneity.

All New Morning Class for Ages 3–5

Animal Tales

Class Days/Dates/Time: Wednesdays, September 13–November 1, 10–11 a.m.

Tuition: \$200

Instructor: Audra Polk

Break up your morning routine with a little imagination. Each week, students will explore the animal kingdom—from the smallest mouse to the most magnificent dragon—through creative play, music, movement, and visual arts.

All New Weekday Afternoon Classes!

Songs and Stories

(Ages 5–6 with parent)

Class Days/Dates/Times: Tuesdays, September 12–October 31, 4–5 p.m.

Tuition: \$200

Instructors: Nancy Nuttle & Rachel Grossman

In this new class, offered with Round House artistic partner Music Together Montgomery, children and their parents will learn music pre-literacy and basic storytelling skills through creative exploration of familiar songs and stories for young people.

Fun with Theatre

(Grades K–2)

Class Days/Dates/Time: Tuesdays, September 12–October 31, 4–5 p.m.

Tuition: \$200

Instructor: Marcy Spiro

Let your child's imagination run free after a long day of school with Fun with Theatre. This class encourages self-expression as students explore their imaginations and work together to create drama.

Adventures in Acting

(Grades 3–5)

Class Days/Dates/Time: Tuesdays, September 12–October 31, 4–5 p.m.

Tuition: \$200

Instructor: Elaine Qualter

Come along on a theatrical adventure with us each week! Itinerary includes: creative drama, scene preparation, and improvisational exercises. Students will create and perform scenes as their final adventure.



Little Bennett Campground

FALL PARK PROGRAMS

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Registration Information



It's all right here!

From the Chairman



THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
8787 Georgia Avenue • Silver Spring, Maryland 20910-3760
(301) 495-4605

Montgomery County Planning Board
Office of the Chairman

Fall 2006

Dear Montgomery County Resident:

As summer comes to an end and the cool breezes and foliage of the fall arrive, we hope you will continue to take advantage of all the activities and programs our nationally recognized park system has to offer. Check out our new events calendar -- it includes a comprehensive list of all that the Department of Parks has to offer. It's really true - it's all right here!

This is a great time to explore a new trail in a new park, sign up for tennis lessons or visit dozens of historic sites. Take a look at the role our agency plays in planning sustainable and thriving communities in Montgomery County and enhancing the quality of life in our region. Our extensive park system is the result of years of good land use planning.

Our park system also has an exciting dynamic new leader who will provide unmatched leadership, direction and good stewardship of Montgomery County's parkland. Mary Bradford - a 25-year resident of Silver Spring -- is a career park professional.

She started her career as a park ranger and rose to become Associate Director and Chief Financial Officer of the National Park Service. She has superb credentials and great passion for the mission of our park system. Welcome!

We look forward to seeing you at any number of our terrific programs and events.

Sincerely,

A handwritten signature in dark ink that reads "Derick P. Berlage". The signature is fluid and cursive.

Derick P. Berlage
Chairman
The Maryland-National Capital Park and Planning Commission

Check Out What's in Your Backyard!



TENNIS CENTERS

Cabin John Tennis **ParkPASS**

Cabin John Regional Park, 7801 Democracy Boulevard, Bethesda, MD 20817
301-469-7300 | fax: 301-365-7527
www.cabinjohnntennis.com

Wheaton Tennis **ParkPASS**

Wheaton Regional Park, 11715 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-4049
fax: 301-649-1576 | www.wheatontennis.com

ICE RINKS

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park, 10610 Westlake Drive, Rockville, MD 20852 | 301-365-2246
www.cabinjohnice.com



Wheaton Ice Arena/In-Line Rink **ParkPASS**

Wheaton Regional Park, 11717 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-3640
www.wheatonicearena.com

RECREATIONAL FACILITIES

Black Hill Boats

Black Hill Regional Park, 20920 Lake Ridge Drive, Boyds, MD 20841 | 301-972-6157 | www.blackhillboats.com

Cabin John Miniature Train

Cabin John Regional Park, 7410 Tuckerman Lane, Rockville, MD 20852 | 301-469-7835 | www.cabinjohntrain.com

Lake Needwood Boats

Rock Creek Regional Park, 15700 Lake Needwood Circle, Rockville, MD 20855 | 301-948-0501
www.lakeneedwoodboats.com



Little Bennett Campground

Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, MD 20871 | 301-972-9222
www.littlebennettcampground.com

South Germantown Splash Park and Mini-Golf

South Germantown Recreational Park, 18056 Central Park Circle, Boyds, MD 20841 | 301-601-3580
www.sgermantownsplashandgolf.com

Wheaton Miniature Train and Carousel

Wheaton Regional Park, 2000 Shorefield Road, Wheaton, MD 20902 | 301-942-6703
www.wheatontrainandcarousel.com

PUBLIC GARDENS

Brookside Gardens **ParkPASS**

Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1400 | fax: 301-962-7878
www.brooksidegardens.org



McCrillis Gardens **ParkPASS**

6910 Greentree Road, Bethesda, MD 20817
301-962-1455 | www.ParkPASS.org*

*For botanical illustration classes only.

NATURE FACILITIES

Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841 | 301-916-0220
fax: 301-515-9520 | www.blackhillnature.org



Brookside Nature Center **ParkPASS**

Wheaton Regional Park, 1400 Glenallan Avenue, Wheaton, MD 20902 | 301-946-9071 | fax: 301-962-8476
www.brooksidenature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park, 5100 Meadows Lane, Rockville, MD 20855 | 301-924-4141
fax: 301-924-1034 | www.meadowsidenature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda, MD 20817 | 301-299-1990
fax: 301-469-0759 | www.locustgrovenature.org

TRAILS

For information on our trail system and to download trail maps, visit **www.montgomerytrails.org**

EVENT CENTERS

Lodge at Little Seneca

14500-A Clopper Road, Boyds, MD 20841
301-299-5026 | www.lodgeatseneca.com

Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 | www.rockwoodmanor.com

Woodlawn Manor

16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 | www.woodlawnmanor.com

IMPORTANT PARK PHONE NUMBERS

General Information | 301-495-2595

Volunteer Services Office | 301-495-2504

To Reserve Ballfields/Shelters | 301-495-2525

To Report Problems/Needed Repairs | 301-670-8080

Park Police Emergencies | 301-949-3010

Park Police Non-Emergencies | 301-949-8010

Park-Specific Questions:

Bethesda/Chevy Chase Area	Olney Area
301-299-0024 or	301-774-6255
301-650-2600	Potomac Area
Colesville Area	301-299-0024
301-622-1193	Rockville Area
Damascus Area	301-299-0024
301-972-6581	Silver Spring Area
Gaithersburg Area	301-650-2600
301-670-8014	Takoma Park Area
Germantown Area	301-650-2600
301-972-9396	Wheaton Area
Kensington Area	301-680-3803
301-650-2600	

ParkPASS This denotes a ParkPASS facility. Open a ParkPASS account to register online for activities and programs at these locations. More information at www.ParkPASS.org.

Come Play ^{the} in Parks!

Join us for these fun and educational events!

Date	Event	Time	Location	Cost	For More Information
Ongoing Events					
Daily thru 9/17	Live Butterfly Exhibit	10am-4pm	Brookside Gardens, Wheaton	\$4.50 /\$3.50	301-962-1400 / BrooksideGardens.org
Sats thru 10/30	Oakley Cabin Tours	12-4pm	Oakley Cabin, Brookeville	Free	301-563-3405 / OakleyCabin.org
Sats thru 11/4	Underground Railroad Experience	10am	Woodlawn Manor Park Sandy Spring	Free	301-563-3405 / MontgomeryTrails.org
10/7 thru 11/26	Chrysanthemum Display	10am-5pm	Brookside Gardens, Wheaton	Free	301-962-1400 / BrooksideGardens.org
10/12 thru 10/29	Wheaton Haunted Train	6-9pm	Wheaton Regional Park, Wheaton	\$5	301-942-6703 / WheatonTrainandCarousel.com
11/18 thru 1/7	Garden of Lights	5:30-9pm	Brookside Gardens, Wheaton	\$15/car	301-962-1453 / BrooksideGardens.org

August

Montgomery County Fair: Visit our booths for our special themed days!

11-19	Archeology and History Day	All day
12	Park Activities Day	
13	Kids Day w/Park Naturalists	
14	Seniors Day w/Brookside Gardens	
15	Community Planners Day	
16	Park Trails Day	
17	Park Police Day	
18		



Gaithersburg
Fairgrounds

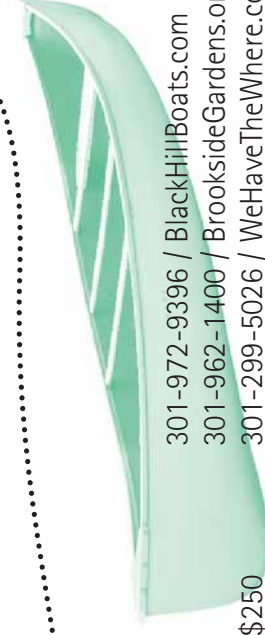
mcagfair.com

\$3-7



September

6	Night Fishing 2006	till Midnight	Black Hill Regional Park, Boyds	Free ⁺	301-972-9396 / BlackHillBoats.com
8	Celebrating the American Landscape	10-11:30am	Brookside Gardens, Wheaton	Free*	301-962-1400 / BrooksideGardens.org
8-10	Women's Weekend Retreat	Overnight	Rockwood Manor, Potomac	\$200/\$250	301-299-5026 / WeHaveTheWhere.com



September continued

9	Sing-a-long	12-4pm	Oakley Cabin, Brookeville	Free	301-258-4044 / OakleyCabin.org
9	Annual Plant Sale	10am-3pm	Brookside Gardens, Wheaton	Free	301-962-1400 / BrooksideGardens.org
12	Monarch Fiesta Day	10am-3pm	Black Hill Visitor Center, Boyds	Free†	301-916-0220 / BlackHillNature.org
16	Children's Day: Native American Fun	11am-4pm	Brookside Gardens, Wheaton	Free*	301-962-1400 / BrooksideGardens.org
16	Fall Skating Exhibition	3:30-6pm	Cabin John Ice Rink, Rockville	Free	301-365-2246 / CabinJohnIce.com
17	Music on the Farm	12-6pm	Ag History Farm Park, Derwood	Free	301-924-4141 / AgHistoryFarm.org
23	Ice Fest	11am-8pm	Wheaton Ice Arena, Wheaton	Free	301-649-3640 / WheatonIceArena.com
25	Scout Day	4:30pm-6pm	Cabin John Ice Rink, Rockville	\$6.00 with uniform	301-365-2246 / CabinJohnIce.com
27	Tour/Tea, Historic Ellicott City	9:30am-2:30pm	Brookside Nature, Wheaton	\$45.00, adults only	301-946-9071 / BrooksideNature.org
29	Native American Fruits	10-11:30am	Brookside Gardens, Wheaton	Free*	301-962-1400 / BrooksideGardens.org

October

6	Seedheads in the Natural Garden	10am-11:30am	Brookside Gardens, Wheaton	Free*	301-962-1400 / BrooksideGardens.org
7	Beaten Biscuits	12-4pm	Oakley Cabin, Brookeville	Free	301-258-4044 / OakleyCabin.org
7, 8	Harvest Festival	11am-4pm	Ag History Farm Park, Derwood	\$10/car	301-924-4141 / AgHistoryFarm.org
14	Skate Swap	8:30-11:30am	Cabin John Ice Rink, Rockville	Free	301-365-2246 / CabinJohnIce.com
20	Billy Goat Trail Hike	10am-2pm	Brookside Nature, Wheaton	Free*	301-946-9071 / BrooksideNature.org
20	Broadleaf Evergreen Ornamentals	10am-11:30am	Brookside Gardens, Wheaton	Free*	301-962-1400 / BrooksideGardens.org
27	Halloween Skate (Costume Contest)	4:30-6pm	Cabin John Ice Rink, Rockville	\$6.00, costume	301-365-2246 / CabinJohnIce.com
30	Scout Day	4:30-6pm	Cabin John Ice Rink, Rockville	\$6.00 with uniform	301-365-2246 / CabinJohnIce.com

November

4	Emancipation Day	12-4pm	Oakley Cabin, Brookeville	Free	301-258-4044 / OakleyCabin.org
5, 6	Blacksmith Christmas Shop	10am-4pm	Ag History Farm Park, Derwood	Free	301-670-4661 / AgHistoryFarm.org
14	Skate Swap	4-7pm	Cabin John Ice Rink, Rockville	Free	301-365-2246 / CabinJohnIce.com
24	Drop, Shop, & Skate	8:30am-1:30pm	Wheaton Ice Arena, Wheaton	\$35.00*	301-649-3640 / WheatonIceArena.com
24	Drop, Shop, & Skate	8am-1pm	Cabin John Ice Rink, Rockville	\$45.00*	301-365-2246 / CabinJohnIce.com
29	Scout Day	4-5:30pm	Cabin John Ice Rink, Rockville	\$6.00 with uniform	301-365-2246 / CabinJohnIce.com

*Registration Required

†Bring your own boat with running lights or fish from the shoreline.

‡Some activities require registration

www.MontgomeryParks.com



Brookside Gardens

www.brooksidegardens.org

1800 Glenallan Avenue, Wheaton, MD 20902

Brookside Gardens



Children's Day Native American Fun



Saturday, September 16, 2006
11:00am-4:00pm

Enjoy a day filled with Native American culture, food, and children's crafts. Listen to performances by the Native Nations Dance Theater. Learn about and see different Native American costumes and dances. Have fun participating in a traditional Native American "Round" dance, plus children can make a Dream Catcher, Medicine Wheel, Beading or Moccasin craft project. Native Nations Dance Theater will perform at 1pm and 3pm. Crafts are ongoing from 11am - 4pm.

FALL LECTURE SERIES

All lectures in the series are free of charge; however, registration is required as space is limited. Online registration is available for these programs or call (301) 962-1451.

Celebrating the American Landscape

Claire Sawyers, Director, The Scott Arboretum of Swarthmore College

Friday, September 8, 10-11:30am
COURSE NUMBER 19649

Native American Fruits

Lee Reich, Author and Syndicated Columnist

Friday, September 29, 10-11:30am
COURSE NUMBER 19650

Seedheads in the Natural Garden

Noel Kingsbury, Author and Garden Designer (UK)

Friday, October 6, 10-11:30am
COURSE NUMBER 19651

Broadleaf Evergreen Ornamentals

Diane Lewis, Brookside Gardens Staff

Friday, October 20, 10-11:30am
COURSE NUMBER 19652



Garden of Lights

Celebrating 10 Years

A one-half mile outdoors walk featuring imaginative displays done with more than 650,000 twinkling lights. **November 18, 2006 – January 7, 2007**, 5:30pm-9:00pm, last car admitted at 8:30pm, \$15/car or van. 301-962-1453.

Brookside Gardens

Adult Programs

Fruits of Fall

Join Adrienne Cook, Garden & Cooking Writer, and her sister, Danielle Navidi, Caterer, for a dishy round-up of recipes cooked with apples and pears, the quintessential fruits of late summer and fall. Come sample ideas for using these versatile fruits.

19798 18yrs&up 1 Class \$22 10/4 W 12:00pm-1:30pm

Hypertufa Trough Workshop

Ellen Hartranft, Brookside Gardens Staff, will lead you through the steps to make your own hypertufa trough in this messy, but fun, workshop. Plan to pick up your creation after it rests for 3 days, and allow it to cure for several months before planting.

21949 18yrs&up 1 Class \$42 10/19 Th 1:00pm-4:00pm

Garden Chair Construction

Join Dan Benarcik of Chanticleer to build your own beautiful garden chair. Please bring your own charged cordless drill; all bits and other materials will be provided. No prior woodworking skills necessary.

22198 18yrs&up 1 Class \$215 10/25 W 1:00pm-4:00pm

Easy Holiday Brunches

Join Adrienne Cook, Garden & Cooking Writer, and her sister Danielle Navidi, Caterer, as they guide you through some easy, do-ahead and dazzling dishes guaranteed to take the stress out of entertaining. Bring your appetites (samples only) and questions.

19799 18yrs&up 1 Class \$22 11/8 W 12:00pm-1:30pm

Decorated Seed Box

LaVerne Sokolowski of Plantscape Designs will help you create your own personalized seed collection box, made beautiful with decoupage and/or paint. Fee includes all materials to make one seed box.

23848 18yrs&up 1 Class \$35 9/21 Th 10:00am-12:00pm

Indian Summer Floral Arrangement

Karen Nelson Kent of Floral Diversity will teach you how to make an arrangement incorporating seasonal flowers, fruits and veggies while learning the best techniques for making your creation last like the final rays of summer sunshine! Fee includes all materials.

23016 18yrs&up 1 Class \$42 9/27 W 10:30am-2:30pm

Trips

GardenFair

Make plans now to attend Horticulture Magazine's 3rd annual GardenFair hosted at Winterthur in Delaware. This is a one-of-a-kind autumn sale of new and rare plants, tools and accoutrements for gardeners. Fee includes coach transportation, entrance fees and light snacks. Lunch on your own at Winterthur's Garden Cafeteria.

23299 18yrs&up 1 Class \$72 9/15 F 7:00am-6:30pm

Montgomery County's Champion Trees

Joe Howard, Montgomery County Forestry Board, and Carole Bergmann, Forest Ecologist, M-NCPPC, will lead you to a number of county and state champion trees found on both public and private land. Please wear appropriate walking shoes and bring a lunch. Fee includes bus transportation and drinks.

19806 18yrs&up 1 Class \$30 10/3 W 9:30am-2:30pm

Children's Programs

Flower Buds

This once-a-month series will meet the second Monday of every month, featuring gardening activities, stories, crafts, and garden walks for children with a parent.

24348 3-5yrs 1 Class \$2 9/11 M 10:30am-11:30am

24349 3-5yrs 1 Class \$2 10/9 M 10:30am-11:30am

24350 3-5yrs 1 Class \$2 11/13 M 10:30am-11:30am

Thanksgiving Pumpkin Centerpiece

Lynn Richard, Brookside Gardens Staff, will lead children in arranging autumn leaves, dried grasses, gold and yellow mums, plus mixed pods and cones to create a masterpiece for the holiday table.

24354 7-10yrs 1 Class \$10 11/16 Th 4:30pm-5:30pm



School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art & Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens. New session begins in September 2006.

Call 301-962-1474 for more information.

Ice Skating Classes

Ice skating and hockey lessons for all ages and abilities are offered at Cabin John Ice Rink and Wheaton Ice Arena. Course fees include either six 30-minute lessons or six 45-minute lessons. All lessons include a card for six practice sessions to be used during any public skating session, and the use of rental skates for both lessons and practices. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.

Please read all course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. There are no make-ups or refunds for missed lessons.

Registration for September classes begins August 17th and registration for November classes begins October 23. No registrations will be processed prior to these dates.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by Internet (www.ParkPass.org). See registration form on the inside back cover. Sign up early to ensure best availability.

Tot

The Tot curriculum is designed for children 3-4 that would like to gain skating experience. Covers falling down and getting up, marching, swizzles, two-foot glides, and snowplow stops.

Tot 1

Students will learn the proper way to fall down and stand up, marching and marching while moving. Proper skate fitting will also be covered.

Cabin John Ice Rink

23364	3-4yrs	6 Classes	\$87	9/9	Sa	10:30am-11:00am
23365	3-4yrs	6 Classes	\$87	9/9	Sa	1:15pm-1:45pm
23366	3-4yrs	6 Classes	\$87	9/10	Su	11:30am-12:00pm
23367	3-4yrs	6 Classes	\$87	9/10	Su	1:30pm-2:00pm
23368	3-4yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
23369	3-4yrs	6 Classes	\$87	9/12	Tu	9:30am-10:00am
23370	3-4yrs	6 Classes	\$87	9/12	Tu	2:30pm-3:00pm
23371	3-4yrs	6 Classes	\$87	9/13	W	10:30am-11:00am
23372	3-4yrs	6 Classes	\$87	9/13	W	4:30pm-5:00pm
23373	3-4yrs	6 Classes	\$87	9/14	Th	10:30am-11:00am
23374	3-4yrs	6 Classes	\$87	9/14	Th	5:15pm-5:45pm
23375	3-4yrs	6 Classes	\$87	9/15	F	1:30pm-2:00pm
23376	3-4yrs	6 Classes	\$87	11/1	W	10:00am-10:30am
23377	3-4yrs	6 Classes	\$87	11/1	W	5:00pm-5:30pm
23378	3-4yrs	6 Classes	\$87	11/2	Th	9:30am-10:00am
23379	3-4yrs	6 Classes	\$87	11/2	Th	2:30pm-3:00pm
23380	3-4yrs	6 Classes	\$87	11/3	F	1:00pm-1:30pm
23381	3-4yrs	6 Classes	\$87	11/3	F	4:30pm-5:00pm
23382	3-4yrs	6 Classes	\$87	11/4	Sa	10:00am-10:30am
23389	3-4yrs	6 Classes	\$87	11/4	Sa	11:00am-11:30am
23390	3-4yrs	6 Classes	\$87	11/4	Sa	3:30pm-4:00pm
23393	3-4yrs	6 Classes	\$87	11/5	Su	1:00pm-1:30pm
23395	3-4yrs	6 Classes	\$87	11/6	M	1:30pm-2:00pm
23397	3-4yrs	6 Classes	\$87	11/7	Tu	10:30am-11:00am
23399	3-4yrs	6 Classes	\$87	11/7	Tu	4:30pm-5:00pm



Wheaton Ice Arena

22988	3-4yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
22989	3-4yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
22982	3-4yrs	6 Classes	\$87	9/11	M	1:00pm-1:30pm
22983	3-4yrs	6 Classes	\$87	9/11	M	3:30pm-4:00pm
22984	3-4yrs	6 Classes	\$87	9/12	Tu	1:15pm-1:45pm
22985	3-4yrs	6 Classes	\$87	9/14	Th	12:30pm-1:00pm
22986	3-4yrs	6 Classes	\$87	9/14	Th	3:45am-4:15am
22987	3-4yrs	6 Classes	\$87	9/14	Th	5:00pm-5:30pm
22990	3-4yrs	6 Classes	\$87	9/17	Su	11:45am-12:15pm
23801	3-4yrs	6 Classes	\$87	11/2	Th	12:30pm-1:00pm
23802	3-4yrs	6 Classes	\$87	11/2	Th	3:45pm-4:15pm
23803	3-4yrs	6 Classes	\$87	11/2	Th	5:00pm-5:30pm
23804	3-4yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am
23805	3-4yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
23806	3-4yrs	6 Classes	\$87	11/5	Su	11:45am-12:15pm
23798	3-4yrs	6 Classes	\$87	11/6	M	1:00pm-1:30pm
23799	3-4yrs	6 Classes	\$87	11/6	M	3:30pm-4:00pm
23800	3-4yrs	6 Classes	\$87	11/7	Tu	1:15pm-1:45pm

Tot 2

Prerequisite Tot 1. Students will learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide.

Cabin John Ice Rink

23401	3-4yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
23403	3-4yrs	6 Classes	\$87	9/9	Sa	3:00pm-3:30pm
23405	3-4yrs	6 Classes	\$87	9/10	Su	2:15pm-2:45pm
23406	3-4yrs	6 Classes	\$87	9/12	Tu	10:00am-10:30am
23407	3-4yrs	6 Classes	\$87	9/13	W	9:30am-10:00am
23408	3-4yrs	6 Classes	\$87	9/13	W	2:00pm-2:30pm
23409	3-4yrs	6 Classes	\$87	9/14	Th	9:30am-10:00am
23410	3-4yrs	6 Classes	\$87	9/14	Th	4:00pm-4:30pm
23411	3-4yrs	6 Classes	\$87	9/15	F	4:30pm-5:00pm
23412	3-4yrs	6 Classes	\$87	11/1	W	10:30am-11:00am

For more information visit

www.cabinjohnice.com or

www.wheatonicearena.com

23413	3-4yrs	6 Classes	\$87	11/1	W	4:30pm-5:00pm
23414	3-4yrs	6 Classes	\$87	11/2	Th	10:30am-11:00am
23415	3-4yrs	6 Classes	\$87	11/3	F	1:30pm-2:00pm
23416	3-4yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
23453	3-4yrs	6 Classes	\$87	11/4	Sa	10:30am-11:00am
23417	3-4yrs	6 Classes	\$87	11/5	Su	11:30am-12:00pm
23419	3-4yrs	6 Classes	\$87	11/5	Su	1:30pm-2:00pm
23420	3-4yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm
23422	3-4yrs	6 Classes	\$87	11/7	Tu	9:30am-10:00am

Wheaton Ice Arena

23001	3-4yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
23148	3-4yrs	6 Classes	\$87	9/9	Sa	12:00pm-12:30pm
22996	3-4yrs	6 Classes	\$87	9/11	M	1:00pm-1:30pm
22997	3-4yrs	6 Classes	\$87	9/11	M	3:30pm-4:00pm
22998	3-4yrs	6 Classes	\$87	9/12	Tu	1:45pm-2:15pm
22999	3-4yrs	6 Classes	\$87	9/14	Th	1:00pm-1:30pm
23000	3-4yrs	6 Classes	\$87	9/14	Th	3:45pm-4:15pm
23149	3-4yrs	6 Classes	\$87	9/17	Su	12:30pm-1:00pm
23810	3-4yrs	6 Classes	\$87	11/2	Th	1:00pm-1:30pm
23811	3-4yrs	6 Classes	\$87	11/2	Th	3:45pm-4:15pm
23812	3-4yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am
23813	3-4yrs	6 Classes	\$87	11/4	Sa	12:00pm-12:30pm
23814	3-4yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
23807	3-4yrs	6 Classes	\$87	11/6	M	1:00pm-1:30pm
23808	3-4yrs	6 Classes	\$87	11/6	M	3:30pm-4:00pm
23809	3-4yrs	6 Classes	\$87	11/7	Tu	1:45pm-2:15pm

Tot 3

Prerequisite Tot 2. Students will learn forward swizzles, push and glide stroking, dip and preparation for the snow plow stop.

Cabin John Ice Rink

23425	3-4yrs	6 Classes	\$87	9/9	Sa	10:00am-10:30am
23426	3-4yrs	6 Classes	\$87	9/10	Su	12:00pm-12:30pm
23427	3-4yrs	6 Classes	\$87	9/12	Tu	10:30am-11:00am
23428	3-4yrs	6 Classes	\$87	9/13	W	10:00am-10:30am
23429	3-4yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
23451	3-4yrs	6 Classes	\$87	9/14	Th	9:30am-10:00am
23432	3-4yrs	6 Classes	\$87	9/15	F	2:00pm-2:30pm
23433	3-4yrs	6 Classes	\$87	11/1	W	9:30am-10:00am
23434	3-4yrs	6 Classes	\$87	11/1	W	2:00pm-2:30pm
23435	3-4yrs	6 Classes	\$87	11/2	Th	10:30am-11:00am
23436	3-4yrs	6 Classes	\$87	11/3	F	2:30pm-3:00pm
23438	3-4yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
23439	3-4yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
23440	3-4yrs	6 Classes	\$87	11/5	Su	2:15pm-2:45pm
23441	3-4yrs	6 Classes	\$87	11/7	Tu	10:00am-10:30am

Wheaton Ice Arena

23161	3-4yrs	6 Classes	\$87	9/9	Sa	11:30am-12:00pm
23156	3-4yrs	6 Classes	\$87	9/11	M	4:45pm-5:15pm
23157	3-4yrs	6 Classes	\$87	9/14	Th	1:00pm-1:30pm
23162	3-4yrs	6 Classes	\$87	9/17	Su	11:15am-11:45am
23899	3-4yrs	6 Classes	\$87	11/2	Th	1:00pm-1:30pm
23900	3-4yrs	6 Classes	\$87	11/4	Sa	11:30am-12:00pm
23901	3-4yrs	6 Classes	\$87	11/5	Su	11:15am-11:45am
23898	3-4yrs	6 Classes	\$87	11/6	M	4:45pm-5:15pm

Online Registration Recommended

Get you family account set up Early to ensure you have your account information and PIN prior to the registration date.

Tot 4

Prerequisite Tot 3. Students will learn backward swizzles & wiggles, snowplow stop, and pushing from a T-position.

Cabin John Ice Rink

23442	3-4yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
23443	3-4yrs	6 Classes	\$87	9/12	Tu	11:00am-11:30am
23444	3-4yrs	6 Classes	\$87	9/14	Th	10:00am-10:30am
23446	3-4yrs	6 Classes	\$87	11/2	Th	9:30am-10:00am
23447	3-4yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
23448	3-4yrs	6 Classes	\$87	11/5	Su	12:00pm-12:30pm

Parent and Tot

This class will focus on introducing beginning skating skills to toddlers ages 3-4. Parents will participate in on-ice activities with their child. This class is recommended for those children who would like the extra support of mom or dad. Please register both parent and child. Course fee is \$43.50 each for parent and child.

Cabin John Ice Rink

20471	3yrs&up	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20598	3yrs&up	6 Classes	\$87	9/9	Sa	10:00am-10:30am
20472	3yrs&up	6 Classes	\$87	9/10	Su	1:30pm-2:00pm
20470	3yrs&up	6 Classes	\$87	9/12	Tu	9:30am-10:00am
20599	3yrs&up	6 Classes	\$87	9/13	W	5:00pm-5:30pm
21651	3yrs&up	6 Classes	\$87	11/1	W	11:00am-11:30am
21775	3yrs&up	6 Classes	\$87	11/1	W	5:30pm-6:00pm
21652	3yrs&up	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21653	3yrs&up	6 Classes	\$87	11/4	Sa	11:45am-12:15pm
21776	3yrs&up	6 Classes	\$87	11/4	Sa	10:00am-10:30am
21650	3yrs&up	6 Classes	\$87	11/7	Tu	10:30am-11:00am

Pre-Alpha

This class is designed for beginners or those with minimal ice skating experience. Participants will learn how to fall down and get up, march, glide on two feet and properly tie and fit skates.

Pre-Alpha, Preschool**Cabin John Ice Rink**

20526	4-6yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20527	4-6yrs	6 Classes	\$87	9/9	Sa	11:45am-12:15pm
20528	4-6yrs	6 Classes	\$87	9/9	Sa	1:15pm-1:45pm
20529	4-6yrs	6 Classes	\$87	9/9	Sa	3:30pm-4:00pm
20530	4-6yrs	6 Classes	\$87	9/10	Su	12:00pm-12:30pm
20531	4-6yrs	6 Classes	\$87	9/10	Su	2:15pm-2:45pm
20532	4-6yrs	6 Classes	\$87	9/10	Su	3:45pm-4:15pm
20511	4-6yrs	6 Classes	\$87	9/11	M	1:00pm-1:30pm
20512	4-6yrs	6 Classes	\$87	9/11	M	4:30pm-5:00pm
20513	4-6yrs	6 Classes	\$87	9/11	M	5:30pm-6:00pm
20514	4-6yrs	6 Classes	\$87	9/12	Tu	10:00am-10:30am
20515	4-6yrs	6 Classes	\$87	9/12	Tu	2:00pm-2:30pm
20516	4-6yrs	6 Classes	\$87	9/12	Tu	4:30pm-5:00pm
20517	4-6yrs	6 Classes	\$87	9/13	W	9:30am-10:00am
20518	4-6yrs	6 Classes	\$87	9/13	W	1:00pm-1:30pm
20519	4-6yrs	6 Classes	\$87	9/13	W	5:00pm-5:30pm
20520	4-6yrs	6 Classes	\$87	9/14	Th	10:00am-10:30am
20521	4-6yrs	6 Classes	\$87	9/14	Th	1:30pm-2:00pm
20522	4-6yrs	6 Classes	\$87	9/14	Th	4:30pm-5:00pm
20523	4-6yrs	6 Classes	\$87	9/15	F	1:00pm-1:30pm
20524	4-6yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
20525	4-6yrs	6 Classes	\$87	9/15	F	5:30pm-6:00pm
21705	4-6yrs	6 Classes	\$87	11/1	W	9:30am-10:00am
21706	4-6yrs	6 Classes	\$87	11/1	W	2:00pm-2:30pm

Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.

21707	4-6yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
21708	4-6yrs	6 Classes	\$87	11/2	Th	10:00am-10:30am
21709	4-6yrs	6 Classes	\$87	11/2	Th	1:30pm-2:00pm
21710	4-6yrs	6 Classes	\$87	11/2	Th	4:30pm-5:00pm
21711	4-6yrs	6 Classes	\$87	11/2	Th	5:15pm-5:45pm
21712	4-6yrs	6 Classes	\$87	11/3	F	2:00pm-2:30pm
21713	4-6yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21714	4-6yrs	6 Classes	\$87	11/3	F	5:00pm-5:30pm
21715	4-6yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21716	4-6yrs	6 Classes	\$87	11/4	Sa	10:30am-11:00am
21717	4-6yrs	6 Classes	\$87	11/4	Sa	1:15pm-1:45pm
21718	4-6yrs	6 Classes	\$87	11/4	Sa	4:00pm-4:30pm
21719	4-6yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
21720	4-6yrs	6 Classes	\$87	11/5	Su	2:45pm-3:15pm
21721	4-6yrs	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
21698	4-6yrs	6 Classes	\$87	11/6	M	1:00pm-1:30pm
21699	4-6yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm
21700	4-6yrs	6 Classes	\$87	11/6	M	5:00pm-5:30pm
21701	4-6yrs	6 Classes	\$87	11/7	Tu	9:30am-10:00am
21702	4-6yrs	6 Classes	\$87	11/7	Tu	1:30pm-2:00pm
21703	4-6yrs	6 Classes	\$87	11/7	Tu	4:00pm-4:30pm
21704	4-6yrs	6 Classes	\$87	11/7	Tu	5:15pm-5:45pm

Wheaton Ice Arena

22068	4-6yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
22069	4-6yrs	6 Classes	\$87	9/9	Sa	11:30am-12:00pm
22070	4-6yrs	6 Classes	\$87	9/9	Sa	4:30pm-5:00pm
22061	4-6yrs	6 Classes	\$87	9/11	M	3:30pm-4:00pm
22062	4-6yrs	6 Classes	\$87	9/11	M	4:45pm-5:15pm
22063	4-6yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
22064	4-6yrs	6 Classes	\$87	9/13	W	5:15pm-5:45pm
22065	4-6yrs	6 Classes	\$87	9/14	Th	4:15pm-4:45pm
22066	4-6yrs	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
22067	4-6yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
22071	4-6yrs	6 Classes	\$87	9/17	Su	11:15am-11:45am
22072	4-6yrs	6 Classes	\$87	9/17	Su	12:30pm-1:00pm
23909	4-6yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
23910	4-6yrs	6 Classes	\$87	11/1	W	5:15pm-5:45pm
23911	4-6yrs	6 Classes	\$87	11/2	Th	4:15pm-4:45pm
23912	4-6yrs	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
23913	4-6yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
23914	4-6yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am
23915	4-6yrs	6 Classes	\$87	11/4	Sa	11:30am-12:00pm
23916	4-6yrs	6 Classes	\$87	11/4	Sa	4:30pm-5:00pm
23917	4-6yrs	6 Classes	\$87	11/5	Su	11:15am-11:45am
23918	4-6yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
23906	4-6yrs	6 Classes	\$87	11/6	M	3:30pm-4:00pm
23908	4-6yrs	6 Classes	\$87	11/6	M	4:45pm-5:15pm

Pre-Alpha, Youth**Cabin John Ice Rink**

20538	7-12yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20539	7-12yrs	6 Classes	\$87	9/9	Sa	11:00am-11:30am
20540	7-12yrs	6 Classes	\$87	9/9	Sa	3:00pm-3:30pm
20602	7-12yrs	6 Classes	\$87	9/9	Sa	1:15pm-1:45pm
20541	7-12yrs	6 Classes	\$87	9/10	Su	11:30am-12:00pm
20542	7-12yrs	6 Classes	\$87	9/10	Su	2:45pm-3:15pm
20534	7-12yrs	6 Classes	\$87	9/11	M	5:00pm-5:30pm
20535	7-12yrs	6 Classes	\$87	9/12	Tu	4:00pm-4:30pm
20536	7-12yrs	6 Classes	\$87	9/13	W	5:30pm-6:00pm
20601	7-12yrs	6 Classes	\$87	9/14	Th	4:30pm-5:00pm
20537	7-12yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
21725	7-12yrs	6 Classes	\$87	11/1	W	4:30pm-5:00pm
21773	7-12yrs	6 Classes	\$87	11/1	W	6:00pm-6:30pm

21726	7-12yrs	6 Classes	\$87	11/2	Th	5:45pm-6:15pm
21727	7-12yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21728	7-12yrs	6 Classes	\$87	11/3	F	5:30pm-6:00pm
21729	7-12yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21730	7-12yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
21731	7-12yrs	6 Classes	\$87	11/4	Sa	3:00pm-3:30pm
21732	7-12yrs	6 Classes	\$87	11/5	Su	12:00pm-12:30pm
21733	7-12yrs	6 Classes	\$87	11/5	Su	2:45pm-3:15pm
21723	7-12yrs	6 Classes	\$87	11/6	M	4:30pm-5:00pm
21772	7-12yrs	6 Classes	\$87	11/6	M	5:30pm-6:00pm
21724	7-12yrs	6 Classes	\$87	11/7	Tu	6:15pm-6:45pm

Wheaton Ice Arena

22079	7-12yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
22080	7-12yrs	6 Classes	\$87	9/9	Sa	4:30pm-5:00pm
22081	7-12yrs	6 Classes	\$87	9/9	Sa	11:30am-12:00pm
22073	7-12yrs	6 Classes	\$87	9/11	M	3:30pm-4:00pm
22074	7-12yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
22075	7-12yrs	6 Classes	\$87	9/13	W	5:15pm-5:45pm
22076	7-12yrs	6 Classes	\$87	9/14	Th	4:15pm-4:45pm
22077	7-12yrs	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
22078	7-12yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
22082	7-12yrs	6 Classes	\$87	9/17	Su	11:15am-11:45am
22083	7-12yrs	6 Classes	\$87	9/17	Su	12:30pm-1:00pm
22084	7-12yrs	6 Classes	\$87	9/17	Su	2:30pm-3:00pm
23920	7-12yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
23921	7-12yrs	6 Classes	\$87	11/1	W	5:15pm-5:45pm
23922	7-12yrs	6 Classes	\$87	11/2	Th	4:15pm-4:45pm
23923	7-12yrs	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
23924	7-12yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
23925	7-12yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am
23926	7-12yrs	6 Classes	\$87	11/4	Sa	11:30am-12:00pm
23927	7-12yrs	6 Classes	\$87	11/4	Sa	4:30pm-5:00pm
23928	7-12yrs	6 Classes	\$87	11/5	Su	11:15am-11:45am
23929	7-12yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
23930	7-12yrs	6 Classes	\$87	11/5	Su	2:30pm-3:00pm
23919	7-12yrs	6 Classes	\$87	11/6	M	3:30pm-4:00pm

Pre-Alpha, Teen**Cabin John Ice Rink**

20533	13-17yrs	6 Classes	\$87	9/12	Tu	7:00pm-7:30pm
21722	13-17yrs	6 Classes	\$87	11/7	Tu	7:00pm-7:30pm

Wheaton Ice Arena

22054	13-17yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24006	13-17yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am

Pre-Alpha, Adult**Cabin John Ice Rink**

20510	18yrs&up	6 Classes	\$87	9/9	Sa	8:30am-9:00am
20508	18yrs&up	6 Classes	\$87	9/11	M	12:30pm-1:00pm
20509	18yrs&up	6 Classes	\$87	9/14	Th	7:45pm-8:15pm
21696	18yrs&up	6 Classes	\$87	11/2	Th	7:45pm-8:15pm
21697	18yrs&up	6 Classes	\$87	11/4	Sa	8:30am-9:00am
21695	18yrs&up	6 Classes	\$87	11/6	M	12:30pm-1:00pm

Wheaton Ice Arena

22048	18yrs&up	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24000	18yrs&up	6 Classes	\$87	11/4	Sa	10:15am-10:45am

**Now hiring
Part Time
Staff**

Part-time work is available at Cabin John and Wheaton Ice Rinks. Cashiers and Rink Guards. Training is available. For information, contact the facility manager at the rink nearest you.

Pre-Alpha Plus

Prerequisite Pre-Alpha. Participants will learn two and one foot glides, forward swizzles and backward swizzles.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

20491	4-6yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20492	4-6yrs	6 Classes	\$87	9/9	Sa	11:00am-11:30am
20493	4-6yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
20494	4-6yrs	6 Classes	\$87	9/9	Sa	4:00pm-4:30pm
20495	4-6yrs	6 Classes	\$87	9/10	Su	1:00pm-1:30pm
20496	4-6yrs	6 Classes	\$87	9/10	Su	3:15pm-3:45pm
20479	4-6yrs	6 Classes	\$87	9/11	M	2:00pm-2:30pm
20480	4-6yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
20481	4-6yrs	6 Classes	\$87	9/12	Tu	10:30am-11:00am
20482	4-6yrs	6 Classes	\$87	9/12	Tu	1:30pm-2:00pm
20483	4-6yrs	6 Classes	\$87	9/12	Tu	5:15pm-5:45pm
20484	4-6yrs	6 Classes	\$87	9/13	W	10:30am-11:00am
20485	4-6yrs	6 Classes	\$87	9/13	W	2:30pm-3:00pm
20486	4-6yrs	6 Classes	\$87	9/13	W	4:30pm-5:00pm
20487	4-6yrs	6 Classes	\$87	9/14	Th	10:30am-11:00am
20488	4-6yrs	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
20489	4-6yrs	6 Classes	\$87	9/15	F	2:30pm-3:00pm
20490	4-6yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
21667	4-6yrs	6 Classes	\$87	11/1	W	10:30am-11:00am
21668	4-6yrs	6 Classes	\$87	11/1	W	1:00pm-1:30pm
21669	4-6yrs	6 Classes	\$87	11/1	W	5:00pm-5:30pm
21670	4-6yrs	6 Classes	\$87	11/2	Th	10:00am-10:30am
21671	4-6yrs	6 Classes	\$87	11/2	Th	2:00pm-2:30pm
21672	4-6yrs	6 Classes	\$87	11/2	Th	4:30pm-5:00pm
21673	4-6yrs	6 Classes	\$87	11/3	F	2:30pm-3:00pm
21674	4-6yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21675	4-6yrs	6 Classes	\$87	11/3	F	5:30pm-6:00pm
21676	4-6yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21677	4-6yrs	6 Classes	\$87	11/4	Sa	11:45am-12:15pm
21678	4-6yrs	6 Classes	\$87	11/4	Sa	2:00pm-2:30pm
21679	4-6yrs	6 Classes	\$87	11/4	Sa	3:30pm-4:00pm
21680	4-6yrs	6 Classes	\$87	11/5	Su	12:00pm-12:30pm
21681	4-6yrs	6 Classes	\$87	11/5	Su	2:15pm-2:45pm
21682	4-6yrs	6 Classes	\$87	11/5	Su	4:15pm-4:45pm
21661	4-6yrs	6 Classes	\$87	11/6	M	1:00pm-1:30pm
21662	4-6yrs	6 Classes	\$87	11/6	M	4:30pm-5:00pm
21663	4-6yrs	6 Classes	\$87	11/6	M	5:30pm-6:00pm
21664	4-6yrs	6 Classes	\$87	11/7	Tu	10:00am-10:30am
21665	4-6yrs	6 Classes	\$87	11/7	Tu	2:00pm-2:30pm
21666	4-6yrs	6 Classes	\$87	11/7	Tu	4:30pm-5:00pm

Wheaton Ice Arena

22354	4-6yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
22355	4-6yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
22356	4-6yrs	6 Classes	\$87	9/9	Sa	5:45pm-6:15pm
22348	4-6yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
22349	4-6yrs	6 Classes	\$87	9/12	Tu	1:15pm-1:45pm
22350	4-6yrs	6 Classes	\$87	9/13	W	4:45pm-5:15pm
22351	4-6yrs	6 Classes	\$87	9/14	Th	4:15pm-4:45pm
22352	4-6yrs	6 Classes	\$87	9/14	Th	5:30pm-6:00pm
22353	4-6yrs	6 Classes	\$87	9/15	F	5:15pm-5:45pm
22357	4-6yrs	6 Classes	\$87	9/17	Su	10:30am-11:00am
22358	4-6yrs	6 Classes	\$87	9/17	Su	12:30pm-1:00pm
22359	4-6yrs	6 Classes	\$87	9/17	Su	3:45pm-4:15pm
23933	4-6yrs	6 Classes	\$87	11/1	W	4:45pm-5:15pm

23934	4-6yrs	6 Classes	\$87	11/2	Th	4:15pm-4:45pm
23935	4-6yrs	6 Classes	\$87	11/2	Th	5:30pm-6:00pm
23936	4-6yrs	6 Classes	\$87	11/3	F	5:15pm-5:45pm
23937	4-6yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am
23938	4-6yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
23939	4-6yrs	6 Classes	\$87	11/4	Sa	5:45pm-6:15pm
23940	4-6yrs	6 Classes	\$87	11/5	Su	10:30am-11:00am
23941	4-6yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
23942	4-6yrs	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
23931	4-6yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm
23932	4-6yrs	6 Classes	\$87	11/7	Tu	1:15pm-1:45pm

Pre-Alpha Plus, Youth

Cabin John Ice Rink

20503	7-12yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20504	7-12yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
20505	7-12yrs	6 Classes	\$87	9/9	Sa	3:30pm-4:00pm
20506	7-12yrs	6 Classes	\$87	9/10	Su	12:00pm-12:30pm
20507	7-12yrs	6 Classes	\$87	9/10	Su	3:15pm-3:45pm
20498	7-12yrs	6 Classes	\$87	9/11	M	5:00pm-5:30pm
20499	7-12yrs	6 Classes	\$87	9/12	Tu	4:30pm-5:00pm
20500	7-12yrs	6 Classes	\$87	9/13	W	5:00pm-5:30pm
20501	7-12yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
20502	7-12yrs	6 Classes	\$87	9/15	F	5:30pm-6:00pm
21686	7-12yrs	6 Classes	\$87	11/1	W	5:30pm-6:00pm
21771	7-12yrs	6 Classes	\$87	11/1	W	6:00pm-6:30pm
21687	7-12yrs	6 Classes	\$87	11/2	Th	4:00pm-4:30pm
21688	7-12yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21689	7-12yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21690	7-12yrs	6 Classes	\$87	11/4	Sa	11:00am-11:30am
21691	7-12yrs	6 Classes	\$87	11/4	Sa	3:00pm-3:30pm
21692	7-12yrs	6 Classes	\$87	11/5	Su	11:30am-12:00pm
21693	7-12yrs	6 Classes	\$87	11/5	Su	1:30pm-2:00pm
21694	7-12yrs	6 Classes	\$87	11/5	Su	3:15pm-3:45pm
21684	7-12yrs	6 Classes	\$87	11/6	M	5:00pm-5:30pm
21685	7-12yrs	6 Classes	\$87	11/7	Tu	4:00pm-4:30pm

Wheaton Ice Arena

22365	7-12yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
22366	7-12yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
22367	7-12yrs	6 Classes	\$87	9/9	Sa	5:30pm-6:00pm
22360	7-12yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
22361	7-12yrs	6 Classes	\$87	9/13	W	4:45pm-5:15pm
22362	7-12yrs	6 Classes	\$87	9/14	Th	4:15pm-4:45pm
22363	7-12yrs	6 Classes	\$87	9/14	Th	5:30pm-6:00pm
22364	7-12yrs	6 Classes	\$87	9/15	F	5:15pm-5:45pm
22368	7-12yrs	6 Classes	\$87	9/17	Su	10:30am-11:00am
22369	7-12yrs	6 Classes	\$87	9/17	Su	12:30pm-1:00pm
22370	7-12yrs	6 Classes	\$87	9/17	Su	3:45pm-4:15pm
23944	7-12yrs	6 Classes	\$87	11/1	W	4:45pm-5:15pm
23945	7-12yrs	6 Classes	\$87	11/2	Th	4:15pm-4:45pm
23946	7-12yrs	6 Classes	\$87	11/2	Th	5:30pm-6:00pm
23947	7-12yrs	6 Classes	\$87	11/3	F	5:15pm-5:45pm
23948	7-12yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am
23949	7-12yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
23950	7-12yrs	6 Classes	\$87	11/4	Sa	5:30pm-6:00pm
23951	7-12yrs	6 Classes	\$87	11/5	Su	10:30am-11:00am
23952	7-12yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
23953	7-12yrs	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
23943	7-12yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm

Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.

*Pre-Alpha Plus, Teen***Cabin John Ice Rink**

20497	13-17yrs	6 Classes	\$87	9/12	Tu	7:00pm-7:30pm
21683	13-17yrs	6 Classes	\$87	11/7	Tu	7:00pm-7:30pm

Wheaton Ice Arena

22055	13-17yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24007	13-17yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am

*Pre-Alpha Plus, Adult***Cabin John Ice Rink**

20478	18yrs&up	6 Classes	\$87	9/9	Sa	8:30am-9:00am
20476	18yrs&up	6 Classes	\$87	9/11	M	12:30pm-1:00pm
20477	18yrs&up	6 Classes	\$87	9/14	Th	7:45pm-8:15pm
21659	18yrs&up	6 Classes	\$87	11/2	Th	7:45pm-8:15pm
21660	18yrs&up	6 Classes	\$87	11/4	Sa	8:30am-9:00am
21658	18yrs&up	6 Classes	\$87	11/6	M	12:30pm-1:00pm

Wheaton Ice Arena

22049	18yrs&up	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24001	18yrs&up	6 Classes	\$87	11/4	Sa	10:15am-10:45am

Alpha

Prerequisite Pre-Alpha Plus. Students will learn proper forward stroking, forward crossovers and snowplow stops.

*Alpha, Preschool***Cabin John Ice Rink**

20110	4-6yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20111	4-6yrs	6 Classes	\$87	9/9	Sa	11:00am-11:30am
20112	4-6yrs	6 Classes	\$87	9/9	Sa	3:00pm-3:30pm
20113	4-6yrs	6 Classes	\$87	9/10	Su	12:30pm-1:00pm
20114	4-6yrs	6 Classes	\$87	9/10	Su	2:45pm-3:15pm
20101	4-6yrs	6 Classes	\$87	9/11	M	1:00pm-1:30pm
20102	4-6yrs	6 Classes	\$87	9/11	M	5:00pm-5:30pm
20103	4-6yrs	6 Classes	\$87	9/12	Tu	5:45pm-6:15pm
20104	4-6yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
20105	4-6yrs	6 Classes	\$87	9/13	W	5:30pm-6:00pm
20106	4-6yrs	6 Classes	\$87	9/14	Th	2:00pm-2:30pm
20107	4-6yrs	6 Classes	\$87	9/14	Th	4:00pm-4:30pm
20108	4-6yrs	6 Classes	\$87	9/15	F	1:00pm-1:30pm
20109	4-6yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
21512	4-6yrs	6 Classes	\$87	11/1	W	1:00pm-1:30pm
21513	4-6yrs	6 Classes	\$87	11/1	W	4:30pm-5:00pm

21514	4-6yrs	6 Classes	\$87	11/2	Th	4:00pm-4:30pm
21515	4-6yrs	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
21516	4-6yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21517	4-6yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21518	4-6yrs	6 Classes	\$87	11/4	Sa	11:00am-11:30am
21519	4-6yrs	6 Classes	\$87	11/4	Sa	1:15pm-1:45pm
21520	4-6yrs	6 Classes	\$87	11/4	Sa	4:00pm-4:30pm
21521	4-6yrs	6 Classes	\$87	11/5	Su	1:00pm-1:30pm
21522	4-6yrs	6 Classes	\$87	11/5	Su	2:45pm-3:15pm
21509	4-6yrs	6 Classes	\$87	11/6	M	2:00pm-2:30pm
21510	4-6yrs	6 Classes	\$87	11/6	M	5:00pm-5:30pm
21511	4-6yrs	6 Classes	\$87	11/7	Tu	5:15pm-5:45pm

Wheaton Ice Arena

22376	4-6yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
22377	4-6yrs	6 Classes	\$87	9/9	Sa	12:00pm-12:30pm
22378	4-6yrs	6 Classes	\$87	9/9	Sa	5:30pm-6:00pm
22371	4-6yrs	6 Classes	\$87	9/11	M	12:30pm-1:00pm
22372	4-6yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
22373	4-6yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
22374	4-6yrs	6 Classes	\$87	9/14	Th	5:00pm-5:30pm
22375	4-6yrs	6 Classes	\$87	9/15	F	4:45pm-5:15pm
22379	4-6yrs	6 Classes	\$87	9/17	Su	11:45am-12:15pm
22380	4-6yrs	6 Classes	\$87	9/17	Su	2:30pm-3:00pm
23957	4-6yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
23959	4-6yrs	6 Classes	\$87	11/2	Th	5:00pm-5:30pm
23960	4-6yrs	6 Classes	\$87	11/3	F	4:45pm-5:15pm
23962	4-6yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am
23963	4-6yrs	6 Classes	\$87	11/4	Sa	12:00pm-12:30pm
23964	4-6yrs	6 Classes	\$87	11/4	Sa	5:30pm-6:00pm
23965	4-6yrs	6 Classes	\$87	11/5	Su	11:45am-12:15pm
23966	4-6yrs	6 Classes	\$87	11/5	Su	2:30pm-3:00pm
23954	4-6yrs	6 Classes	\$87	11/6	M	12:30pm-1:00pm
23956	4-6yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm

*Alpha, Youth***Cabin John Ice Rink**

20121	7-12yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20122	7-12yrs	6 Classes	\$87	9/9	Sa	12:15pm-12:45pm
20123	7-12yrs	6 Classes	\$87	9/9	Sa	2:00pm-2:30pm
20124	7-12yrs	6 Classes	\$87	9/10	Su	1:00pm-1:30pm
20125	7-12yrs	6 Classes	\$87	9/10	Su	3:45pm-4:15pm
20116	7-12yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
20117	7-12yrs	6 Classes	\$87	9/12	Tu	6:15pm-6:45pm
20118	7-12yrs	6 Classes	\$87	9/13	W	4:30pm-5:00pm
20119	7-12yrs	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
20120	7-12yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
21528	7-12yrs	6 Classes	\$87	11/1	W	5:00pm-5:30pm
21529	7-12yrs	6 Classes	\$87	11/2	Th	4:30pm-5:00pm
21530	7-12yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21531	7-12yrs	6 Classes	\$87	11/3	F	5:30pm-6:00pm
21532	7-12yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21533	7-12yrs	6 Classes	\$87	11/4	Sa	12:15pm-12:45pm
21534	7-12yrs	6 Classes	\$87	11/4	Sa	2:30pm-3:00pm
20727	7-12yrs	6 Classes	\$87	11/5	Su	1:00pm-1:30pm
20728	7-12yrs	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
21525	7-12yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm
21526	7-12yrs	6 Classes	\$87	11/7	Tu	4:30pm-5:00pm
21527	7-12yrs	6 Classes	\$87	11/7	Tu	6:15pm-6:45pm



Wheaton Ice Arena

22385	7-12yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
22386	7-12yrs	6 Classes	\$87	9/9	Sa	12:00pm-12:30pm
22387	7-12yrs	6 Classes	\$87	9/9	Sa	5:30pm-6:00pm
22381	7-12yrs	6 Classes	\$87	9/11	M	4:00pm-4:30pm
22382	7-12yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
22383	7-12yrs	6 Classes	\$87	9/14	Th	5:00pm-5:30pm
22384	7-12yrs	6 Classes	\$87	9/15	F	4:45pm-5:15pm
22388	7-12yrs	6 Classes	\$87	9/17	Su	11:45am-12:15pm
22389	7-12yrs	6 Classes	\$87	9/17	Su	2:30pm-3:00pm
23968	7-12yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
23970	7-12yrs	6 Classes	\$87	11/2	Th	5:00pm-5:30pm
23972	7-12yrs	6 Classes	\$87	11/3	F	4:45pm-5:15pm
23974	7-12yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am
23975	7-12yrs	6 Classes	\$87	11/4	Sa	12:00pm-12:30pm
23976	7-12yrs	6 Classes	\$87	11/4	Sa	5:30pm-6:00pm
23977	7-12yrs	6 Classes	\$87	11/5	Su	11:45am-12:15pm
23978	7-12yrs	6 Classes	\$87	11/5	Su	2:30pm-3:00pm
23967	7-12yrs	6 Classes	\$87	11/6	M	4:00pm-4:30pm

Alpha, Teen**Cabin John Ice Rink**

20115	13-17yrs	6 Classes	\$87	9/12	Tu	7:30pm-8:00pm
21524	13-17yrs	6 Classes	\$87	11/7	Tu	7:30pm-8:00pm

Wheaton Ice Arena

22056	13-17yrs	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24008	13-17yrs	6 Classes	\$87	11/4	Sa	10:15am-10:45am

Alpha, Adult**Cabin John Ice Rink**

20100	18yrs&up	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20098	18yrs&up	6 Classes	\$87	9/11	M	12:00pm-12:30pm
20099	18yrs&up	6 Classes	\$87	9/14	Th	8:15pm-8:45pm
21507	18yrs&up	6 Classes	\$87	11/2	Th	8:15pm-8:45pm
21508	18yrs&up	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21506	18yrs&up	6 Classes	\$87	11/6	M	12:00pm-12:30pm

Wheaton Ice Arena

22050	18yrs&up	6 Classes	\$87	9/9	Sa	10:15am-10:45am
24002	18yrs&up	6 Classes	\$87	11/4	Sa	10:15am-10:45am

Beta

Prerequisite Alpha. Students will learn backward stroking, backward crossovers and t-stops. Forward crossovers will also be reviewed.

Beta, Preschool**Cabin John Ice Rink**

20372	4-6yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20373	4-6yrs	6 Classes	\$87	9/9	Sa	11:45am-12:15pm
20374	4-6yrs	6 Classes	\$87	9/9	Sa	2:30pm-3:00pm
20375	4-6yrs	6 Classes	\$87	9/9	Sa	4:00pm-4:30pm
20376	4-6yrs	6 Classes	\$87	9/10	Su	12:30pm-1:00pm
20377	4-6yrs	6 Classes	\$87	9/10	Su	3:15pm-3:45pm
20365	4-6yrs	6 Classes	\$87	9/11	M	1:30pm-2:00pm
20366	4-6yrs	6 Classes	\$87	9/11	M	4:30pm-5:00pm
20367	4-6yrs	6 Classes	\$87	9/12	Tu	4:00pm-4:30pm
20368	4-6yrs	6 Classes	\$87	9/13	W	5:00pm-5:30pm
20369	4-6yrs	7 Classes	\$87	9/14	Th	2:00pm-2:30pm
20370	4-6yrs	7 Classes	\$87	9/14	Th	5:45pm-6:15pm
20371	4-6yrs	6 Classes	\$87	9/15	F	5:00pm-5:30pm
21543	4-6yrs	6 Classes	\$87	11/1	W	5:30pm-6:00pm
21544	4-6yrs	6 Classes	\$87	11/2	Th	5:45pm-6:15pm

21545	4-6yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21546	4-6yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21547	4-6yrs	6 Classes	\$87	11/4	Sa	2:30pm-3:00pm
21548	4-6yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
21549	4-6yrs	6 Classes	\$87	11/5	Su	3:15pm-3:45pm
21540	4-6yrs	6 Classes	\$87	11/6	M	2:00pm-2:30pm
21541	4-6yrs	6 Classes	\$87	11/6	M	4:30pm-5:00pm
21542	4-6yrs	6 Classes	\$87	11/7	Tu	5:15pm-5:45pm

Beta, Youth**Cabin John Ice Rink**

20383	7-12yrs	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20384	7-12yrs	6 Classes	\$87	9/9	Sa	10:30am-11:00am
20385	7-12yrs	6 Classes	\$87	9/9	Sa	12:15pm-12:45pm
20386	7-12yrs	6 Classes	\$87	9/9	Sa	2:30pm-3:00pm
20387	7-12yrs	6 Classes	\$87	9/10	Su	11:30am-12:00pm
20388	7-12yrs	6 Classes	\$87	9/10	Su	1:30pm-2:00pm
20389	7-12yrs	6 Classes	\$87	9/10	Su	3:45pm-4:15pm
20379	7-12yrs	6 Classes	\$87	9/11	M	4:30pm-5:00pm
20380	7-12yrs	6 Classes	\$87	9/12	Tu	5:45pm-6:15pm
20381	7-12yrs	6 Classes	\$87	9/14	Th	5:45pm-6:15pm
20382	7-12yrs	6 Classes	\$87	9/15	F	4:00pm-4:30pm
21552	7-12yrs	6 Classes	\$87	11/1	W	4:30pm-5:00pm
21553	7-12yrs	6 Classes	\$87	11/2	Th	4:00pm-4:30pm
21554	7-12yrs	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
21555	7-12yrs	6 Classes	\$87	11/3	F	4:00pm-4:30pm
21556	7-12yrs	6 Classes	\$87	11/3	F	5:00pm-5:30pm
21557	7-12yrs	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21558	7-12yrs	6 Classes	\$87	11/4	Sa	12:15pm-12:45pm
21559	7-12yrs	6 Classes	\$87	11/4	Sa	2:00pm-2:30pm
20754	7-12yrs	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
21560	7-12yrs	6 Classes	\$87	11/5	Su	11:30am-12:00pm
21561	7-12yrs	6 Classes	\$87	11/5	Su	1:30pm-2:00pm
21551	7-12yrs	6 Classes	\$87	11/7	Tu	4:00pm-4:30pm

Beta, Teen**Cabin John Ice Rink**

20378	13-17yrs	6 Classes	\$87	9/12	Tu	7:30pm-8:00pm
21550	13-17yrs	6 Classes	\$87	11/7	Tu	7:30pm-8:00pm

Wheaton Ice Arena

22057	13-17yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
24009	13-17yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am

Beta, Adult**Cabin John Ice Rink**

20364	18yrs&up	6 Classes	\$87	9/9	Sa	9:00am-9:30am
20362	18yrs&up	6 Classes	\$87	9/11	M	12:00pm-12:30pm
20363	18yrs&up	7 Classes	\$87	9/14	Th	8:15pm-8:45pm
21538	18yrs&up	6 Classes	\$87	11/2	Th	8:15pm-8:45pm
21539	18yrs&up	6 Classes	\$87	11/4	Sa	9:00am-9:30am
21537	18yrs&up	6 Classes	\$87	11/6	M	12:00pm-12:30pm

Wheaton Ice Arena

22051	18yrs&up	6 Classes	\$87	9/9	Sa	10:45am-11:15am
24003	18yrs&up	6 Classes	\$87	11/4	Sa	10:45am-11:15am

Celebrate with us!

Have your child's next birthday party at Cabin John Ice Rink or Wheaton Ice Arena. Both rinks have rooms available for small to medium sized parties. Party packages are available at Wheaton Ice Arena.

Ice Skating Classes

Visit our well stocked pro shops for skates, equipment, and apparel for both hockey and figure skaters.



Beta: All Ages**Wheaton Ice Arena**

23102	5yrs&up	6 Classes	\$87	9/9	Sa	12:00pm-12:30pm
23103	5yrs&up	6 Classes	\$87	9/9	Sa	5:45pm-6:15pm
23098	5yrs&up	6 Classes	\$87	9/11	M	4:45pm-5:15pm
23099	5yrs&up	6 Classes	\$87	9/13	W	5:15pm-5:45pm
23100	5yrs&up	6 Classes	\$87	9/14	Th	5:30pm-6:00pm
23101	5yrs&up	6 Classes	\$87	9/15	F	4:00pm-4:30pm
23104	5yrs&up	6 Classes	\$87	9/17	Su	11:45am-12:15pm
23105	5yrs&up	6 Classes	\$87	9/17	Su	3:00pm-3:30pm
23980	5yrs&up	6 Classes	\$87	11/1	W	5:15pm-5:45pm
23981	5yrs&up	6 Classes	\$87	11/2	Th	5:30pm-6:00pm
23982	5yrs&up	6 Classes	\$87	11/3	F	4:00pm-4:30pm
23983	5yrs&up	6 Classes	\$87	11/4	Sa	12:00pm-12:30pm
23984	5yrs&up	6 Classes	\$87	11/4	Sa	5:45pm-6:15pm
23985	5yrs&up	6 Classes	\$87	11/5	Su	11:45am-12:15pm
23986	5yrs&up	6 Classes	\$87	11/5	Su	3:00pm-3:30pm
23979	5yrs&up	6 Classes	\$87	11/6	M	4:45pm-5:15pm

Gamma

Prerequisite Beta. Students will learn outside 3-turns, forward and backward mohawks and hockey stops. Forward and backward crossovers will also be reviewed.

Gamma, Preschool**Cabin John Ice Rink**

20428	4-6yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20600	4-6yrs	6 Classes	\$87	9/10	Su	2:15pm-2:45pm
20427	4-6yrs	6 Classes	\$87	9/12	Tu	5:15pm-5:45pm
21606	4-6yrs	6 Classes	\$87	11/1	W	5:00pm-5:30pm
21607	4-6yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21769	4-6yrs	6 Classes	\$87	11/4	Sa	2:00pm-2:30pm

Gamma, Youth**Cabin John Ice Rink**

20434	7-12yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20435	7-12yrs	6 Classes	\$87	9/9	Sa	2:00pm-2:30pm
20436	7-12yrs	6 Classes	\$87	9/9	Sa	4:00pm-4:30pm
20437	7-12yrs	6 Classes	\$87	9/10	Su	12:30pm-1:00pm
20438	7-12yrs	6 Classes	\$87	9/10	Su	2:45pm-3:15pm
20430	7-12yrs	6 Classes	\$87	9/11	M	5:30pm-6:00pm
20431	7-12yrs	6 Classes	\$87	9/13	W	4:00pm-4:30pm
20432	7-12yrs	6 Classes	\$87	9/14	Th	5:15pm-5:45pm
20433	7-12yrs	6 Classes	\$87	9/15	F	4:30pm-5:00pm
21611	7-12yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
21612	7-12yrs	6 Classes	\$87	11/2	Th	5:15pm-5:45pm
21613	7-12yrs	6 Classes	\$87	11/3	F	4:30pm-5:00pm
21614	7-12yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21615	7-12yrs	6 Classes	\$87	11/4	Sa	12:45pm-1:15pm
21616	7-12yrs	6 Classes	\$87	11/4	Sa	4:00pm-4:30pm
21617	7-12yrs	6 Classes	\$87	11/5	Su	12:30pm-1:00pm
21618	7-12yrs	6 Classes	\$87	11/5	Su	2:15pm-2:45pm
21609	7-12yrs	6 Classes	\$87	11/6	M	5:30pm-6:00pm
21610	7-12yrs	6 Classes	\$87	11/7	Tu	5:45pm-6:15pm

Gamma, Teen**Cabin John Ice Rink**

20429	13-17yrs	6 Classes	\$87	9/14	Th	7:15pm-7:45pm
21608	13-17yrs	6 Classes	\$87	11/2	Th	7:15pm-7:45pm

Wheaton Ice Arena

22058	13-17yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
24010	13-17yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am

Gamma, Adult**Cabin John Ice Rink**

20426	18yrs&up	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20424	18yrs&up	6 Classes	\$87	9/11	M	11:30am-12:00pm
20425	18yrs&up	6 Classes	\$87	9/14	Th	8:45pm-9:15pm
21604	18yrs&up	6 Classes	\$87	11/2	Th	8:45pm-9:15pm
21605	18yrs&up	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21603	18yrs&up	6 Classes	\$87	11/6	M	11:30am-12:00pm

Wheaton Ice Arena

22052	18yrs&up	6 Classes	\$87	9/9	Sa	10:45am-11:15am
24004	18yrs&up	6 Classes	\$87	11/4	Sa	10:45am-11:15am

Gamma: All Ages**Wheaton Ice Arena**

23124	5yrs&up	6 Classes	\$87	9/9	Sa	4:30pm-5:00pm
23120	5yrs&up	6 Classes	\$87	9/11	M	4:00pm-4:30pm
23121	5yrs&up	6 Classes	\$87	9/13	W	4:45pm-5:15pm
23122	5yrs&up	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
23123	5yrs&up	6 Classes	\$87	9/15	F	5:15pm-5:45pm
23125	5yrs&up	6 Classes	\$87	9/17	Su	10:30am-11:00am
23126	5yrs&up	6 Classes	\$87	9/17	Su	3:45pm-4:15pm
23988	5yrs&up	6 Classes	\$87	11/1	W	4:45pm-5:15pm
23989	5yrs&up	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
23990	5yrs&up	6 Classes	\$87	11/3	F	5:15pm-5:45pm
23991	5yrs&up	6 Classes	\$87	11/4	Sa	4:30pm-5:00pm
23992	5yrs&up	6 Classes	\$87	11/5	Su	10:30am-11:00am
23993	5yrs&up	6 Classes	\$87	11/5	Su	3:45pm-4:15pm
23987	5yrs&up	6 Classes	\$87	11/6	M	4:00pm-4:30pm

Delta

Prerequisite Gamma. Students will learn forward inside 3-turns, outside and inside edges, lunge and shoot the duck. Skills in the Alpha, Beta and Gamma levels will also be reviewed.

Delta, Preschool**Cabin John Ice Rink**

20401	4-6yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20400	4-6yrs	6 Classes	\$87	9/13	W	5:30pm-6:00pm
21579	4-6yrs	7 Classes	\$87	11/1	W	4:00pm-4:30pm
21580	4-6yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21770	4-6yrs	6 Classes	\$87	11/4	Sa	2:30pm-3:00pm

Delta, Youth**Cabin John Ice Rink**

20406	7-12yrs	6 Classes	\$87	9/9	Sa	9:30am-10:00am
20407	7-12yrs	6 Classes	\$87	9/9	Sa	12:45pm-1:15pm
20408	7-12yrs	6 Classes	\$87	9/9	Sa	3:30pm-4:00pm
20409	7-12yrs	6 Classes	\$87	9/10	Su	1:00pm-1:30pm
20410	7-12yrs	6 Classes	\$87	9/10	Su	4:15pm-4:45pm
20403	7-12yrs	6 Classes	\$87	9/11	M	5:30pm-6:00pm
20404	7-12yrs	6 Classes	\$87	9/12	Tu	6:15pm-6:45pm
20405	7-12yrs	6 Classes	\$87	9/15	F	5:00pm-5:30pm
21583	7-12yrs	6 Classes	\$87	11/1	W	4:00pm-4:30pm
21584	7-12yrs	6 Classes	\$87	11/2	Th	5:15pm-5:45pm
21585	7-12yrs	6 Classes	\$87	11/3	F	5:00pm-5:30pm
21586	7-12yrs	6 Classes	\$87	11/4	Sa	9:30am-10:00am
21587	7-12yrs	6 Classes	\$87	11/4	Sa	1:15pm-1:45pm
21588	7-12yrs	6 Classes	\$87	11/4	Sa	3:30pm-4:00pm
21589	7-12yrs	6 Classes	\$87	11/5	Su	3:15pm-3:45pm
21582	7-12yrs	6 Classes	\$87	11/6	M	5:30pm-6:00pm

Delta, Teen**Cabin John Ice Rink**

20402	13-17yrs	6 Classes	\$87	9/14	Th	7:15pm-7:45pm
21581	13-17yrs	6 Classes	\$87	11/2	Th	7:15pm-7:45pm

Wheaton Ice Arena

22059	13-17yrs	6 Classes	\$87	9/9	Sa	10:45am-11:15am
24011	13-17yrs	6 Classes	\$87	11/4	Sa	10:45am-11:15am

Delta, Adult**Cabin John Ice Rink**

20399	18yrs&up	6 Classes	\$92	9/9	Sa	9:30am-10:00am
20397	18yrs&up	6 Classes	\$92	9/11	M	11:30am-12:00pm
20398	18yrs&up	6 Classes	\$92	9/14	Th	8:45pm-9:15pm
21577	18yrs&up	6 Classes	\$92	11/2	Th	8:45pm-9:15pm
21578	18yrs&up	6 Classes	\$92	11/4	Sa	9:30am-10:00am
21576	18yrs&up	6 Classes	\$92	11/6	M	11:30am-12:00pm

Wheaton Ice Arena

22053	18yrs&up	6 Classes	\$92	9/9	Sa	10:45am-11:15am
24005	18yrs&up	6 Classes	\$92	11/4	Sa	10:45am-11:15am

Delta: All Ages**Wheaton Ice Arena**

23115	All Ages	6 Classes	\$87	9/9	Sa	5:45pm-6:15pm
23112	All Ages	6 Classes	\$87	9/13	W	5:15pm-5:45pm
23113	All Ages	6 Classes	\$87	9/14	Th	6:15pm-6:45pm
23114	All Ages	6 Classes	\$87	9/15	F	4:45pm-5:15pm
23116	All Ages	6 Classes	\$87	9/17	Su	10:30am-11:00am
23117	All Ages	6 Classes	\$87	9/17	Su	3:00pm-3:30pm
23994	All Ages	6 Classes	\$87	11/1	W	5:15pm-5:45pm
23995	All Ages	6 Classes	\$87	11/2	Th	6:15pm-6:45pm
23996	All Ages	6 Classes	\$87	11/3	F	4:45pm-5:15pm
23997	All Ages	6 Classes	\$87	11/4	Sa	5:45pm-6:15pm
23998	All Ages	6 Classes	\$87	11/5	Su	10:30am-11:00am
23999	All Ages	6 Classes	\$87	11/5	Su	3:00pm-3:30pm

Freestyle

These courses cover the fundamentals of jumps and spins.

Freestyle 1

Prerequisite Delta. Students will learn backward edges, two-foot spin, waltz jump, forward pivot and 1/2 flip jump.

Cabin John Ice Rink

23456	5yrs&up	6 Classes	\$141	9/9	Sa	10:15am-11:00am
23709	5yrs&up	6 Classes	\$141	9/9	Sa	11:00am-11:45am
23459	5yrs&up	6 Classes	\$141	9/11	M	7:15pm-8:00pm
23460	5yrs&up	6 Classes	\$141	9/13	W	6:45pm-7:30pm
23461	5yrs&up	6 Classes	\$141	11/1	W	6:45pm-7:30pm
23462	5yrs&up	6 Classes	\$141	11/4	Sa	10:15am-11:00am
23463	5yrs&up	6 Classes	\$141	11/4	Sa	11:00am-11:45am
23464	5yrs&up	6 Classes	\$141	11/6	M	7:15pm-8:00pm

Wheaton Ice Arena

23002	5yrs&up	6 Classes	\$96	9/14	Th	6:45pm-7:15pm
23003	5yrs&up	6 Classes	\$96	9/17	Su	10:30am-11:00am
24014	5yrs&up	6 Classes	\$96	11/2	Th	6:45pm-7:15pm
24015	5yrs&up	6 Classes	\$96	11/5	Su	10:30am-11:00am

Freestyle 2

Prerequisite Freestyle 1. Students will learn spirals, 1/2 lutz jump, ballet jump, one-foot spin and a dance step sequence.

Cabin John Ice Rink

23465	5yrs&up	6 Classes	\$141	9/9	Sa	10:15am-11:00am
23466	5yrs&up	6 Classes	\$141	9/9	Sa	11:00am-11:45am
23467	5yrs&up	6 Classes	\$141	9/11	M	6:30pm-7:15pm
23468	5yrs&up	6 Classes	\$141	9/13	W	7:30pm-8:15pm
23470	5yrs&up	6 Classes	\$141	11/1	W	7:30pm-8:15pm
23471	5yrs&up	6 Classes	\$141	11/4	Sa	10:15am-11:00am
23472	5yrs&up	6 Classes	\$141	11/4	Sa	11:00am-11:45am
23473	5yrs&up	6 Classes	\$141	11/6	M	6:30pm-7:15pm

Wheaton Ice Arena

23004	5yrs&up	6 Classes	\$96	9/14	Th	6:45pm-7:15pm
24016	5yrs&up	6 Classes	\$96	11/2	Th	6:45pm-7:15pm

Freestyle 3

Prerequisite Freestyle 2. Students will learn backward pivots, salchow jump, toe loop jump, back spirals, change foot spin and dance step sequence.

Cabin John Ice Rink

23475	18yrs&up	6 Classes	\$141	9/12	Tu	9:30pm-10:15pm
23548	18yrs&up	6 Classes	\$141	11/7	Tu	9:30pm-10:15pm
23476	5yrs&up	6 Classes	\$141	9/9	Sa	10:15am-11:00am
23477	5yrs&up	6 Classes	\$141	9/11	M	8:00pm-8:45pm
23478	5yrs&up	6 Classes	\$141	11/4	Sa	10:15am-11:00am
23480	5yrs&up	6 Classes	\$141	11/6	M	8:00pm-8:45pm

Wheaton Ice Arena

23006	5yrs&up	6 Classes	\$96	9/14	Th	6:45pm-7:15pm
24017	5yrs&up	6 Classes	\$96	11/2	Th	6:45pm-7:15pm

Freestyle 4

Prerequisite Freestyle 3. Students will learn flip and loop jumps, sit spin, backward spirals and dance step sequence.

Cabin John Ice Rink

23481	5yrs&up	6 Classes	\$141	9/9	Sa	11:00am-11:45am
23482	5yrs&up	6 Classes	\$141	11/4	Sa	11:00am-11:45am

Wheaton Ice Arena

23008	5yrs&up	6 Classes	\$96	9/14	Th	7:15pm-7:45pm
24018	5yrs&up	6 Classes	\$96	11/2	Th	7:15pm-7:45pm

Freestyle 5

Prerequisite Freestyle 4. Students will learn lutz and axel jumps, camel and back scratch spins, and dance step sequence.

Cabin John Ice Rink

23484	5yrs&up	6 Classes	\$141	9/9	Sa	11:00am-11:45am
23485	5yrs&up	6 Classes	\$141	11/4	Sa	11:00am-11:45am

Wheaton Ice Arena

23010	5yrs&up	6 Classes	\$96	9/14	Th	7:15pm-7:45pm
24019	5yrs&up	6 Classes	\$96	11/2	Th	7:15pm-7:45pm

Freestyle 6

Prerequisite Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheaton Ice Arena

23012	6yrs&up	6 Classes	\$101	9/14	Th	7:15pm-7:45pm
24020	6yrs&up	6 Classes	\$101	11/2	Th	7:15pm-7:45pm

Freestyle 7

Prerequisite Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleyes.

Wheaton Ice Arena

23014	5yrs&up	6 Classes	\$101	9/14	Th	7:15pm-7:45pm
24021	5yrs&up	6 Classes	\$101	11/2	Th	7:15pm-7:45pm

Hockey

Hockey - Beginner

Students will learn the fundamentals of hockey skating and stick handling. Hockey equipment required. Please contact facility or visit website for details.

Wheaton Ice Arena

23154	4yrs&up	6 Classes	\$92	9/15	F	5:30pm-6:00pm
23902	4yrs&up	6 Classes	\$92	11/3	F	5:30pm-6:00pm

Hockey - Advanced

Students will learn advanced skating skills, hockey drills, and game rules. Full hockey gear required.

Wheaton Ice Arena

23152	4yrs&up	6 Classes	\$146	9/17	Su	9:45am-10:30am
23903	4yrs&up	6 Classes	\$146	11/5	Su	9:45am-10:30am

Hockey 1

Prerequisite Pre-Alpha. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

23698	8yrs&up	6 Classes	\$87	9/9	Sa	8:00am-8:30am
23699	8yrs&up	6 Classes	\$87	9/10	Su	4:15pm-4:45pm
23703	8yrs&up	6 Classes	\$87	11/4	Sa	8:00am-8:30am
23704	8yrs&up	6 Classes	\$87	11/5	Su	4:15pm-4:45pm

Hockey 2

Prerequisite Hockey 1. Course covers striding, forward crossovers, one-foot snowplow stops, beginning backward crossovers and stick handling.

Cabin John Ice Rink

23700	8yrs&up	6 Classes	\$141	9/9	Sa	9:15am-10:00am
23705	8yrs&up	6 Classes	\$141	11/4	Sa	9:15am-10:00am

Hockey 3

Prerequisite Hockey 2. Course covers forward and backward crossovers, T-stops, V-stops, & Hockey stops and stick handling.

Cabin John Ice Rink

23701	8yrs&up	6 Classes	\$146	9/9	Sa	8:30am-9:15am
23706	8yrs&up	6 Classes	\$146	11/4	Sa	8:30am-9:15am

Hockey 4

Prerequisite Hockey 3. Course covers forward and backward crossovers, edges, passing, basic game play and stick handling.

Cabin John Ice Rink

23702	8yrs&up	6 Classes	\$141	9/9	Sa	8:30am-9:15am
23707	8yrs&up	6 Classes	\$141	11/4	Sa	8:30am-9:15am

Hockey: Adult

Students will learn the beginning fundamentals of Hockey skating including forward and backward crossovers, stops, stick handling and passing.

Cabin John Ice Rink

20444	18yrs&up	6 Classes	\$141	9/13	W	8:15pm-9:00pm
23549	18yrs&up	6 Classes	\$141	11/1	W	8:15pm-9:00pm

Parent and Tot Hockey

A great introduction to hockey for parents and their children (ages 3-5). What's better than learning to pass the puck to mom or dad? Basic skating and stick handling skills will be covered. Children must have passed Tot 1 or Tot 2 before registering. Please register both parent and child. Course fee is \$43.50 each for parent and child.



Specialty Offerings

Jump & Spin

This specialty class covers specific techniques of jumps and spins in the Freestyle levels. Each class will focus on the needs of the skaters. Students must be in Freestyle in order to register.

Cabin John Ice Rink

21625	5yrs&up	6 Classes	\$96	11/4	Sa	10:30am-11:00am
21626	5yrs&up	6 Classes	\$96	11/4	Sa	11:15am-11:45am

For those in Freestyle 1, 2, or 3

Cabin John Ice Rink

20446	5yrs&up	6 Classes	\$96	9/9	Sa	11:15am-11:45am
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For those in Freestyle 4 or 5

Cabin John Ice Rink

20445	5yrs&up	6 Classes	\$96	9/9	Sa	10:30am-11:00am
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Off Ice Conditioning

Muscle strengthening and jump execution control.

Wheaton Ice Arena

23159	6yrs&up	6 Classes	\$96	9/14	Th	7:45pm-8:15pm
24013	6yrs&up	6 Classes	\$96	11/2	Th	7:45pm-8:15pm

Moves/Edges

These classes are for the Delta level and higher skater. Classes will cover edge quality, extensions and preciseness of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Advanced

Cabin John Ice Rink

20469	8yrs&up	6 Classes	\$141	9/12	Tu	8:45pm-9:30pm
21649	8yrs&up	6 Classes	\$141	11/7	Tu	8:45pm-9:30pm

Moves/Edges, Beginning

Cabin John Ice Rink

20466	8yrs&up	6 Classes	\$141	9/12	Tu	8:00pm-8:45pm
20467	8yrs&up	6 Classes	\$141	9/14	Th	10:00am-10:45am
21647	8yrs&up	6 Classes	\$141	11/2	Th	10:00am-10:45am
21646	8yrs&up	6 Classes	\$141	11/7	Tu	8:00pm-8:45pm
Wheaton Ice Arena						
22060	8yrs&up	6 Classes	\$141	9/14	Th	6:45pm-7:15pm
24012	8yrs&up	6 Classes	\$141	11/2	Th	6:45pm-7:15pm

Moves/Edges, Intermediate

Cabin John Ice Rink

20468	8yrs&up	6 Classes	\$141	9/14	Th	9:15am-10:00am
21648	8yrs&up	6 Classes	\$141	11/2	Th	9:15am-10:00am

Cabin John Ice Rink

20474	3yrs&up	6 Classes	\$87	9/9	Sa	8:30am-9:00am
20473	3yrs&up	6 Classes	\$87	9/13	W	10:00am-10:30am
21654	3yrs&up	6 Classes	\$87	11/1	W	10:00am-10:30am
21655	3yrs&up	6 Classes	\$87	11/4	Sa	8:30am-9:00am
21777	3yrs&up	6 Classes	\$87	11/5	Su	4:15pm-4:45pm

Mitey Mites Hockey 1

Prerequisite Tot 3 or Pre-Alpha in HOCKEY skates. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

23491	3-4yrs	6 Classes	\$87	9/9	Sa	10:00am-10:30am
23490	3-4yrs	6 Classes	\$87	9/12	Tu	5:15pm-5:45pm
23492	3-4yrs	6 Classes	\$87	9/14	Th	4:45pm-5:15pm
23493	3-4yrs	6 Classes	\$87	9/15	F	2:00pm-2:30pm
23510	3-4yrs	6 Classes	\$87	11/2	Th	4:45pm-5:15pm
23511	3-4yrs	6 Classes	\$87	11/3	F	2:30pm-3:00pm
23512	3-4yrs	6 Classes	\$87	11/4	Sa	10:00am-10:30am
23504	3-4yrs	6 Classes	\$87	11/7	Tu	5:15pm-5:45pm
23496	5-9yrs	6 Classes	\$141	9/9	Sa	9:15am-10:00am
23494	5-9yrs	6 Classes	\$87	9/12	Tu	4:45pm-5:15pm
23495	5-9yrs	6 Classes	\$87	9/14	Th	6:00pm-6:30pm
23507	5-9yrs	6 Classes	\$87	11/2	Th	6:00pm-6:30pm
23508	5-9yrs	6 Classes	\$141	11/4	Sa	9:15am-10:00am
23505	5-9yrs	6 Classes	\$87	11/7	Tu	4:45pm-5:15pm

Mitey Mites Hockey 2

Prerequisite: Pre-Alpha + in HOCKEY skates or Mitey Mites 1. Course covers striding, forward and backward swizzles, beginning forward crossovers, snowplow stops and beginning stick handling.

Cabin John Ice Rink

23498	3-4yrs	6 Classes	\$87	9/9	Sa	10:30am-11:00am
23497	3-4yrs	6 Classes	\$87	9/15	F	4:45pm-5:15pm
23520	3-4yrs	6 Classes	\$87	11/3	F	4:45pm-5:15pm
23521	3-4yrs	6 Classes	\$87	11/4	Sa	10:30am-11:00am
23501	4-9yrs	6 Classes	\$141	9/9	Sa	8:30am-9:15am
23499	4-9yrs	6 Classes	\$141	9/12	Tu	5:45pm-6:30pm
23500	4-9yrs	6 Classes	\$141	9/14	Th	4:00pm-4:45pm
23523	4-9yrs	6 Classes	\$141	11/2	Th	4:00pm-4:45pm
23524	4-9yrs	6 Classes	\$141	11/4	Sa	8:30am-9:15am
23522	4-9yrs	6 Classes	\$141	11/7	Tu	5:45pm-6:30pm

Mitey Mites Hockey 3

Prerequisite Mitey Mites 2. Course covers striding, forward crossovers, snowplow stops, striding, power turns and stick handling.

Cabin John Ice Rink

23515	4-9yrs	6 Classes	\$146	9/9	Sa	7:45am-8:30am
23503	4-9yrs	6 Classes	\$146	9/12	Tu	4:00pm-4:45pm
23513	4-9yrs	6 Classes	\$146	9/14	Th	5:15pm-6:00pm
23514	4-9yrs	6 Classes	\$146	9/15	F	5:15pm-6:00pm
23528	4-9yrs	6 Classes	\$146	11/2	Th	5:15pm-6:00pm
23529	4-9yrs	6 Classes	\$146	11/3	F	5:15pm-6:00pm
23530	4-9yrs	6 Classes	\$146	11/4	Sa	7:45am-8:30am
23525	4-9yrs	6 Classes	\$146	11/7	Tu	4:00pm-4:45pm

Mitey Mites Hockey 4

Prerequisite Mitey Mites 3. Course covers forward and backward crossovers, stops, two-foot turns and stick handling with puck.

Cabin John Ice Rink

23517	4-9yrs	6 Classes	\$141	9/9	Sa	7:45am-8:30am
23516	4-9yrs	6 Classes	\$141	9/15	F	4:00pm-4:45pm
23531	4-9yrs	6 Classes	\$141	11/3	F	4:00pm-4:45pm
23532	4-9yrs	6 Classes	\$141	11/4	Sa	7:45am-8:30am

Mitey Mites Hockey 5

Prerequisite Mitey Mites 4. Course covers forward and backward crossovers, edges & mohawks, passing, basic game play and stick handling.

Cabin John Ice Rink

23519	4-9yrs	6 Classes	\$141	9/9	Sa	7:45am-8:30am
23534	4-9yrs	6 Classes	\$141	11/4	Sa	7:45am-8:30am

**Need Help with Holiday Shopping?**

Conveniently located near Montgomery Mall in Rockville and Westfield Mall in Wheaton, our two ice rinks offer the perfect way to keep your children entertained while you get some critical shopping done for the holidays.

Parents Day Off-Drop, Shop & Skate

Parents, still have some holiday shopping to accomplish? Let us take care of the kids while you go out and shop til you drop! Lunch is included.

Cabin John Ice Rink

21656 5-12yrs 1 Classes \$45 11/24 F 8:00am-1:00pm

Wheaton Ice Arena

24698 5-12yrs 1 Classes \$35 11/24 F 8:30am-1:30pm



Nature Facilities

Montgomery County Parks has four Nature Facilities throughout different areas of the County. Each offers a unique experience with varied programming, locations, and settings!

Black Hill Visitor Center

Boys, MD 301-916-0220

www.blackhillnature.org

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulae through our telescopes.

Brookside Nature Center

Wheaton, MD 301-946-9071

www.brooksidenature.org

Nestled within Wheaton Regional Park, Brookside Nature Center offers hands-on, naturalist-led educational experiences for organized groups and the general public. The pioneer home-stand, wildlife viewing areas, self-guided trail, accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

Locust Grove Nature Center

Bethesda, MD 301-299-1990

www.locustgrovenature.org

Located in Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animals exhibits, join us for an educational walk, explore miles of trails through woodlands and meadows, or see what's swimming in Cabin John creek.

Meadowside Nature Center

Rockville, MD 301-924-4141

www.meadowsidenature.org

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts. Join us for a morning on the lake, or a story time on butterflies or box turtles. Experience life on the farm, take a guided night hike through the woods, enjoy our trails, or visit our owls, hawks and American Bald Eagle in our Raptor Aviaries. Crawl through a bat cave or look at the world from a fish's point of view in our Legacy of the Land exhibit. Enjoy hands-on exhibits and visit live animals in our Curiosity Corner discovery room and Legacy of the People exhibits.

During inclement weather, Nature Facilities follow Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.



See you at the Farm!

**SATURDAY AND SUNDAY
OCTOBER 7 & 8 11AM-4PM**

Parking fee \$10 per vehicle. Please call for van and bus rates.

Enjoy tin-smithing, pumpkin painting, working sheepdog presentations, scarecrow making, storytellers, and live farm animals. Also featured are a variety of gardening and antique farm equipment demonstrations, gardening talks, games, food and live music.

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855
301-924-4141 ■ www.aghistoryfarm.org

Volunteers needed! Call 301-495-2464.

Brought to you by:





Black Hill Visitor Center

Black Hill Regional Park
301-916-0220

20926 Lake Ridge Dr. Boyds, MD 20841
www.blackhillnature.org

Center is open Monday through Friday 11am to 6pm, Saturday and Sunday 11am to 5pm

Trails are open Daily 6am to Dusk

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our Naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulas through our telescopes.

During inclement weather, Black Hill Visitor Center follows Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.

Friends of Black Hill Nature Programs receive a discount to the nature programs. The discounted fee is not listed here. Visit www.parkpass.org to see all the nature program listings and the Friends discounted fees. ParkPASS registration required for all programs unless otherwise noted. You may go online or use the automated telephone registration system by calling the number, #301-962-1477. Please have the activity number of the program ready when making your registration. Thank you.

Children & Youth

Thanksgiving Special: Meet a Turkey!

Take in some Turkey factoids, stunning gobbler video, true Turkey Tales!, make a cool turkey craft for the table and travel by car caravan to a nearby farm meet a live gobbling turkey!

24105 3yrs-6yrs 1 Class FREE 11/21 Tu 10:00am-12:30pm

The Beaver Family Gets Ready For Winter

Storytime/Craft/Hike. Sink your teeth into this! Learn all about our favorite Lake Animal with true stories, great video and huge mounted beaver, then make a really cool beaver hut complete with food for the winter! Next walk to a real occupied beaver lodge and see their preparations for winter!

24106 3yrs-6yrs 1 Class \$6 11/28 Tu 1:30pm-3:00pm

Programs for All

Storytime On The Lake: Monarch Magic

Meet at Pontoon Boat Dock below and left of Visitor Center. Learn all about the amazing migrating Monarch as they drift by the Pontoon Boat on their way to Mexico and make a cool flying Monarch butterfly craft!

23300 3yrs-6yrs 1 Class \$4 9/5 Tu 1:30pm-2:45pm

23649 3yrs-6yrs 1 Class \$4 9/20 W 10:00am-11:15am

23650 3yrs-6yrs 1 Class \$4 9/20 W 1:00pm-2:15pm

Pontoon Boat Cookout Cruise

ParkPASS registration required. Come cruise on our pontoon boat. Kick back, relax and enjoy the wonders of spring as the aroma of freshly grilled Nathan's hotdogs wafts through the boat. Feast on delicious dogs, potato salad and coleslaw served by the Naturalist Glenn Cumings. Munch on brownies as the beavers begin their nightly feast. Children 6 yrs old are required to wear a life vest aka PFD while the boat is underway. Meet at Black Hill Boat Rental. Fee \$8, FOBH \$6.

23301 6yrs & up 1 Class \$8 9/7 Th 6:00pm-8:00pm

Astronomy: Autumn Night Sky Magic

Enjoy the Spectacular Skies of early Fall with the Summer Triangle and the Milky Way overhead and the Central Core of the Galaxy packed with Beautiful Clusters and Nebulas with Mega Binoculars and the Big scopes of the Vol. Astronomers! Milky Way Bars served!

23652 6yrs & up 1 Class \$6 9/21 F 9:00pm-10:30pm

A Bird Walk For Families

Join Beth and Keith Hamilton - birders, educators, and owners of the Wild Birds Unlimited store in Germantown, for an afternoon of bird watching fun. Bring binoculars. Meet at Black Hill Visitor Center.

21800 6yrs & up 1 Class FREE 9/24 Su 1:00pm-2:00pm

22152 6yrs & up 1 Class FREE 10/15 Su 1:00pm-2:00pm

22153 6yrs & up 1 Class FREE 11/12 Su 1:00pm-2:00pm

Storytime On The Boat:

Haunted Boat Ride

Join naturalist Glenn Cumings aka 'Captain Creepy' for Fall Colors, Halloween Tales, treats, surprises and a spooky good time! Recommended for ages 3-6 yrs. Child must be accompanied by an adult. Both child and adult each must register and pay fee. No underage siblings are allowed on the boat for the Storytime on the Lake series. We apologize for any inconvenience in this matter. While the boat is underway, children ages 6 yrs and younger are required to wear life jackets which we supply. Bring your own binoculars, water and snacks. A sweater or jacket is advised for the cooler temperatures when on the water in a moving boat. Meet at Black Hill Boat dock.

21810 3yrs & up 1 Class \$4 10/10 Tu 10:00am-11:15am

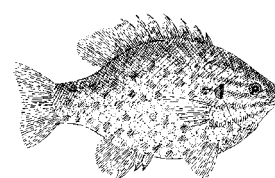
21811 3yrs & up 1 Class \$4 10/10 Tu 1:30pm-2:45pm

21812 3yrs & up 1 Class \$4 10/11 W 1:30pm-2:45pm

Astronomy: Milky Way Magic

Across the River Of Stars, take in the Summer Triangle still high in the sky, Hercules & it's Spectacular Globular Star Cluster, the Andromeda Galaxy and the beautiful night jewels of many Open Star Clusters! Mega binoculars & scopes provided. Milky Way bars served.

23748 6yrs & up 1 Class \$6 10/11 W 6:30pm-8:00pm



Friends of Black Hill receive a discount to the nature programs. The discounted fee is not listed here. Visit www.parkpass.org to see all the nature program listings and the Friends discounted fees.

Thanksgiving For Our Farm Animals

We celebrate National Farm Week and honor the farm animals that have helped people for hundreds of years. Meet, greet and feed some treats to really cool farm animals! Meet very rare, most ancient sheep breed, Soay sheep-Perry and Bucky, rams with their beautiful curled horns and their Dwarf African Goat friends with weird huge horns!, plus 'Q' the giant LaMancha Dairy Goat.

24101 6yrs & up 1 Class \$8 11/16 Th 1:30pm-3:30pm

Astronomy: Leonids Meteor Shower

Registration required. Do not miss the best shower predicted in several years especially with a dark sky! Lay back on our giant tarp and enjoy the natural Fireworks! To keep you energized, a delicious breakfast of eggs, bacon and pancakes will be served. Take in the Winter Circle Of Stars and the Spectacular star clusters! Chocolate Meteors served for an early morning dessert.

24104 6yrs & up 1 Class FREE 11/18 Sa 12:00am- 6:00am



Monarch Fiesta Day Schedule of Events

Tuesday, September 12, 2006, 10:00am-3:00pm

Join our staff to celebrate monarch butterflies and to explore their amazing annual migration to and from Mexico. Registration is required only for Monarch Man and Pontoon Boat Rides.

Monarch Life Cycle Live Exhibit

Explore a self-guiding exhibit featuring monarch eggs, caterpillars, chrysalides and adult butterflies. All ages. Ongoing. Meet in the Visitor Center lobby.

22103 1yrs & up 1 Class FREE 9/12 Tu 10:00am- 3:00pm

Monarch Reading Area For Families

Enjoy reading one of our many monarch butterfly storybooks or ask a volunteer to read one aloud for your family. Recommended for ages 3-7 yrs with an adult. Ongoing. Meet on the rear deck picnic tables of the Visitor Center.

22148 3yrs-7yrs 1 Class FREE 9/12 Tu 10:00am-10:45am

Monarch Butterfly Resources For Teachers

Free. Browse our books, posters, videos, catalogues, games, crafts and other specialized resources that are available for teaching a butterfly unit or curriculum. Volunteers from the Friends of Black Hill Nature Programs will be available to explain the hands-on resources in their 'Butterflies Nature Discovery Box' which teachers may check out and borrow free of charge. Adults. Ongoing in the Visitor Center lobby.

22149 18yrs & up 1 Class FREE 9/12 Tu 10:00am- 1:00pm

Photo Opportunity

Bring your camera to take cute photos of your family as they peer through cut-outs on the faces of a people-sized caterpillar and a people-sized monarch butterfly. Kids of all ages, young to old. Ongoing on the Visitor Center lawn.

22150 1yrs & up 1 Class FREE 9/12 Tu 10:00am- 3:00pm

Monarch Waystations

No registration required. Learn how to make your backyard or patio a haven for monarchs in this special presentation by Jim Gallion of Wildlife Gardening Adventures. Ages 8 to adult.

24107 8yrs & up 1 Class FREE 9/12 Tu 10:00am-10:45am

Friends of Black Hill Monarch Display & Sale

Stop by the Friends table and find out the benefits of becoming an FOBH member. Buy a raffle ticket to win one of the many wonderful and varied butterfly-themed items that will be display. At 1 pm they will all be awarded. You do not need to be present to win. All Ages. Ongoing. Meet in the Visitor Center lobby.

22151 1yrs & up 1 Class FREE 9/12 Tu 10:00am- 1:00pm

Magnificent Monarch Butterfly Man

Enjoy hearing about a year in the life of a monarch butterfly from 'Monarch Man' himself. Ages 3-adult; recommended for ages 3-8 years old. Limited to 45 attendees; first come-first served. No strollers. In Visitor Center Auditorium.

21900 3yrs & up 1 Class \$4 9/12 Tu 11:00am-12:00pm

Migrating Monarch Tagging & Release

Free, no registration required. Volunteers will tag and release migrating monarchs every ten minutes. All Ages. Ongoing. Meet at the screen tent on the front lawn of the Visitor Center.

22098 1yrs & up 1 Class FREE 9/12 Tu 11:00am- 3:00pm

Pontoon Boat Ride

Search for monarchs migrating over the lake as you enjoy a scenic tour of Little Seneca Lake. Bring your own binoculars, water and snacks. A sweater or jacket is advised for the cooler temperatures when on the water in a moving boat. While the boat is underway, children ages 4-6 yrs, are required to wear life jackets which we supply. Ages 4-adult. Meet at Black Hill Boat Rental dock.

22101 4yrs & up 1 Class \$4 9/12 Tu 12:30pm- 1:30pm

22102 4yrs & up 1 Class \$4 9/12 Tu 2:00pm- 3:00pm

The Monarch King Movie

Enjoy learning about the life cycle of the monarch butterfly starting from a newborn caterpillar's point of view all the way to an adult butterfly emerging from its chrysalis. Award winning videography. All Ages. In Visitor Center auditorium.

22099 1yrs & up 1 Class FREE 9/12 Tu 12:30pm-12:45pm

22100 1yrs & up 1 Class FREE 9/12 Tu 2:30pm- 2:45pm

Do You See A Larva On A Leaf?

Join naturalist Denise Gibbs and Volunteers to search for monarch caterpillars in our butterfly gardens. Get tips on raising your own monarch caterpillars. All ages. Ongoing. Along the sidewalk in front of the Visitor Center.

21948 1yrs & up 1 Class FREE 9/12 Tu 1:00pm- 3:00pm

Caterpillar Capers

Have fun participating in active games, creative drama and other activities to learn more about butterflies. Ages 4-7 with an adult. Please wear clothes suitable for crawling on grass and shoes/sandals that can be worn safely in moving type games (no flip flops please). Meet on the lawn in front of the Visitor Center.

21998 4yrs-7yrs 1 Class FREE 9/12 Tu 1:15pm- 2:00pm

Adults

Pontoon Boat Night Fishing & Picnic

Meet at Pontoon Boat Dock below and left of Visitor Center. Relaxing evening of fishing for the big ones with some delicious hot dogs, drink & chips provided to give you strength to catch the big ones! Guiding by angler/ naturalist Glenn Cumings. Helpful hints & few basic lures provided.

23298 18yrs & up 1 Class \$16 9/1 F 7:30pm-11:30pm

A Walk In The Park:

Blue Mash Nature Trail

Easy walk on flat terrain for identification and observation of birds, butterflies and wildflowers. Naturalist: Denise Gibbs. Meet at Blue Mash Nature Trail gravel parking lot which is at 22201 Zion Road, Olney, MD 20833.

21806 18yrs & up 1 Class \$10 9/7 Th 9:00am-11:30am

Sugarloaf Mountain Walk

Explore a beautiful natural area packed with Early American History! Walk along a fern and hemlock lined bubbling trout stream to a late 1700's Iron Furnace, a Lime Kiln and the White & Pink Quartzite Quarries used to build the Monocacy Aqueduct.

23651 18yrs & up 1 Class \$24 9/20 W 9:30am- 3:30pm

A Walk in the Park:

Rachel Carson Conservation Park

Easy walk on flat to rolling terrain for bird and native wildflower identification and observation.

24108 18yrs & up 1 Class \$10 10/25 W 9:00am-11:30pm

Digital Photography for Beginners

Join professional photographer Gary Cahn to learn tips and techniques for taking great digital photos.

24109 18yrs & up 1 Class FREE 10/28 Sa 12:00pm- 3:30pm

Van Trip: Chestnut Farm at Sugarloaf Mountain

Join Essie Burnworth, President of the MD Chapter of the American Chestnut Foundation for a tour of the American Chestnut Research Area and groves at Sugarloaf Mountain. We will end our tour at Turner Farm for a relaxing time by a roaring fire. Sip a mug of hot chocolate and eat a special snack. Naturalist: Denise Gibbs.

22154 18yrs & up 1 Class \$12 11/1 W 9:30am- 1:00pm

A Walk in the park:

Black Hill Regional Park

An easy walk to identify and observe waterfowl and other birds.

24111 18yrs & up 1 Class \$10 11/15 W 9:00am-11:30am

Featured Trips

Van Tour: Antietam Battlefield & Festival

Capture the essence of the battle with an overview by the Park Naturalist followed by a tour of the Antietam Battlefield Visitor Center and a guided driving tour by one of the Park Rangers. Break for lunch in Sharpsburg and take in the N.P.S. Civil War Interpreters in period dress and uniform, crafts people and food vendors. In the afternoon, visit the famous Burnside Bridge portion of the Battlefield.

23648 18yrs & up 1 Class \$24 9/16 Sa 8:00am- 8:00pm



Chincoteague Island Natural History Tour

Fun filled Barrier Island Adventure with Trip Leader Glenn Cumings! Our three days and two nights on this fantastic natural area include Monarch Butterfly tagging with Naturalist/ Researcher Denise Gibbs, a guided boat tour of the Island, a walk with N.P.S. Ranger Gretchen Knapp on Salt Marsh and Ocean Edge Life, a talk with the Peregrine Falcon expert Michael Yates and his team of researchers with EarthSpan and a Natural History Kayak Tour. Other good times include an evening social, outstanding seafood at local restaurants, a surf fishing demonstration with Naturalist/Angler Glenn Cumings and time on your own to visit shops and beach comb! We will stay at the Refuge Motor Inn that caters to Birders. Fee does not include hotel and meals. Hotel group rate is \$82 per person or couple per night. Each additional person per room would be an additional \$10 per night. This is a special group rate.

23653 18yrs & up 1 Class \$135 9/26 Tu,w,Th 9:30am- 9:00pm

Haunted C & O Candle Light Ghost Hike

Travel by van to the dark banks of the Potomac River on Friday the 13th and join us for a truly creepy time as we walk down the canal in search of Civil War history and ghosts from the Battle Of Ball's Bluff!

23749 18yrs & up 1 Class \$10 10/13 F 6:00pm- 8:45pm

BECOME A FRIEND of the Black Hill Nature Program!

Friends Of Black Hill Monthly Meetings

Free, no registration required. The public is invited to attend the monthly meeting of the members of the Black Hill Friends of Nature Programs. The Black Hill Friends Group supports and promotes nature programs and special events offered through the Black Hill Visitor Center. Join in the discussion involving park programming and issues. A short presentation on a natural history topic will be provided by a Black Hill naturalist. Meet at BHVC .

21807 6yrs & up 1 Class FREE 9/26 Tu 6:30pm- 8:30pm

21808 6yrs & up 1 Class FREE 10/24 Tu 6:30pm- 8:30pm

21809 6yrs & up 1 Class FREE 11/21 Tu 6:30pm- 8:30pm



Brookside Nature Center

Wheaton Regional Park
301-946-9071

1400 Glenallan Ave.

Wheaton, MD 20902

www.brooksidenature.org

Center is open Tuesday through Saturday, 9am-5pm and Sunday 1-5pm.

Trails open daily, dawn to dusk.

Registration is required for all programs unless stated otherwise.

Toddler/Preschool

Reservations required.

Time For Tots

The Very Busy Spider

We'll spin a tale of spiders stories, then search the trail for spiders and their webs.

22421	18M-36M	1 Class	\$4	9/29	F	10:30am-11:15am
22422	18M-36M	1 Class	\$4	9/29	F	11:30am-12:15pm

Mousekin's Pumpkin Patch

A story and hike to our mini-pumpkin patch to pick your own!

22462	18M-36M	1 Class	\$5	10/13	F	10:30am-11:15am
22463	18M-36M	1 Class	\$5	10/13	F	11:30am-12:15pm

Time For A Winter Nap

Story and hike to discover how animals get ready for winter.

22569	18M-36M	1 Class	\$4	11/17	F	10:30am-11:15am
22570	18M-36M	1 Class	\$4	11/17	F	11:30am-12:15pm

Toddler Nature Walk

An easy stroll through the woods exploring what we find along the way. All participants must be walkers.

22402	1-2yrs	1 Class	\$3	9/10	Su	12:15pm-1:00pm
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Animal Story Time

Listen to an exciting animal story. Then take a walk in the park to look for signs of our feathery, furry and wiggly animal friends.

22406	3-5yrs	1 Class	\$3	9/12	Tu	10:30am-11:15am
22407	3-5yrs	1 Class	\$3	9/19	Tu	10:30am-11:15am
22408	3-5yrs	1 Class	\$3	9/26	Tu	10:30am-11:15am

Possum's Harvest Moon

Hear the story of Possum's friends, so busy preparing for winter they can't celebrate the harvest moon. Then make a craft to celebrate the harvest moon.

22452	3-5yrs	1 Class	\$5	10/3	Tu	11:00am-12:00pm
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Volunteer at BNC

Opportunities include: volunteer naturalist, nature center host/hostess, invasive plant removal, and lots more. Volunteers for community service and Eagle scout projects are welcome, too. Contact Jenny Aley at 301-946-9071 or email: jenny.aley@mncppc-mc.org

21807	6yrs & up	1 Class	FREE	9/26	Tu	6:30pm- 8:30pm
21808	6yrs & up	1 Class	FREE	10/24	Tu	6:30pm- 8:30pm
21809	6yrs & up	1 Class	FREE	11/21	Tu	6:30pm- 8:30pm

Hands On Science 'Two Feet, Four Feet'

This 8-week series explores Anatomy 'Two Feet, Four Feet'. Webs, toes, hoofs and more. What do feet do for us? How do dog footprints compare to cat footprints? Which birds hop and which birds walk? Compare footprints to the body structure and habitat of these animals and create a footprint book. Ends Dec 7.

22458	4-5yrs	8 Classes	\$65	10/12	Th	11:00am-12:00pm
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Squirrels In Autumn

Why are the squirrels all in a hurry? Learn this and more and make a craft.

22456	3-5yrs	1 Class	\$5	10/11	W	9:30am-10:30am
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Nature Crafts For Pre-Schoolers

Take a walk and explore the park. Make nature crafts related to each theme.

22459	3-5yrs	1 Class	\$4	10/12	Th	1:30pm-2:30pm
22460	3-5yrs	1 Class	\$4	10/19	Th	1:30pm-2:30pm
22461	3-5yrs	1 Class	\$4	10/26	Th	1:30pm-2:30pm

Nut Hunt!

Listen to a story about a chipmunk, then hunt the trails for acorns and other tree nuts.

22465	3-5yrs	1 Class	\$4	10/14	Sa	9:30am-10:30am
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Pre-K Rambles

Enjoy a nature story then ramble in the park investigating the meadow, woods and some secret hiding places.

22467	3-5yrs	1 Class	\$3	10/17	Tu	10:30am-11:15am
22468	3-5yrs	1 Class	\$3	10/24	Tu	10:30am-11:15am
22469	3-5yrs	1 Class	\$3	10/31	Tu	10:30am-11:15am

Great Pumpkin Treasure Hunt

Join us as we search for the Great Pumpkin along our trails. Will we find a trick or treat?

22480	3-5yrs	1 Class	\$5	10/25	W	9:30am-10:45am
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Tiny Trekkers

Use touch, sight and sound as we visit the forest, meadow and pond.

22552	1-5yrs	1 Class	\$3	11/2	Th	10:00am-10:45am
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Seed Search

Find out how flowers make seeds, go on a seed search and make a seed craft.

22553	3-5yrs	1 Class	\$4	11/3	F	10:30am-11:15am
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Seeds

Why are seeds so important to us? Find out why and make a memorable seed craft.

22603	3-5yrs	1 Class	\$6	11/21	Tu	10:00am-11:00am
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Volunteer at Brookside Nature Center

Have fun, contribute to your community and learn about nature while volunteering at Brookside Nature Center. Volunteer opportunities include: Volunteer Naturalist, Camp Counselor, Nature Center Host or Hostess, Invasive Plant Removal, Trail Monitoring, Grounds Keeping. Volunteers for Community Service and Eagle Scout Projects are also welcome. Let us know if you have a particular skill, but no previous experience is needed--we provide on the job training. Contact Jenny Aley at 301-946-9071 or email: jenny.aley@mncppc-mc.org.

Children/Youth

Reservations required. Under age 8 must attend with adult.

Flight Of The Honeybee

Check out the bees in the observation hive and visit hives outside, taste honey, and learn how to dance like a bee.

22398 3-12yrs 1 Class \$5 9/2 Sa 10:30am-11:30am

Heading South: Migration

Birds and butterflies that fly south in autumn know where they are going. Find out how they get there and what they do when they arrive.

22414 5-12yrs 1 Class \$4 9/19 Tu 4:00pm-5:00pm

Spiders

Find out about the creepy crawly world of spiders with a story, hike and craft.

22423 2-12yrs 1 Class \$5 9/30 Sa 10:00am-11:00am

Fall Scavenger Hunt

It's fall! Are leaves changing yet? Let's go on a hunt to see signs of fall.

22464 3-12yrs 1 Class \$4 10/13 F 3:45pm-4:45pm

All About Leaves

Learn common tree leaves, play a leaf matching game and search for leaves along the trail to use for leaf rubbings.

22466 5-10yrs 1 Class \$5 10/14 Sa 11:00am-12:00pm

Woodland Indians

Discover how the Woodland Indians lived long ago.

22598 3-12yrs 1 Class \$4 11/17 F 3:45pm-4:45pm

22608 3-5yrs 1 Class \$5 11/28 Tu 9:30am-10:30am

Turkey Decorations!

Gather leaves and make a festive decoration for Thanksgiving and share holiday traditions and trivia. Under age 6 with adult assistance.

22600 2-13yrs 1 Class \$5 11/18 Sa 10:00am-11:00am

Taste Of Thanksgiving

Make holiday cookies and while they're baking listen to some Thanksgiving stories by the fire. Under age 7 with adult assistance.

22601 5-13yrs 1 Class \$8 11/18 Sa 1:00pm-2:30pm

Cold Weather Bird Feeders

Take a walk and look for places where birds find their food, then make a winter birdfeeder to help them through the snowy season.

22604 5-12yrs 1 Class \$5 11/21 Tu 4:00pm-5:00pm

Holiday Harvest With The American Girls

Experience the traditions, food, and activities of the American Girls at Thanksgiving time.

22605 8-12yrs 1 Class \$10 11/25 Sa 10:30am-12:00pm

Thanksgiving Treats For The Animals

Give thanks to the animals by hiking to their homes & leaving a favorite treat.

22606 2-12yrs 1 Class \$4 11/25 Sa 2:30pm-3:30pm

Programs For All

Reservations required for all attending but no fee for adults and infants unless otherwise noted.

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes; no flip-flops or sandals. Optional--bring a towel and/or change of clothes.

22399 18M&up 1 Class \$4 9/2 Sa 1:00pm-2:00pm

22412 3yrs&up 1 Class \$4 9/17 Su 5:30pm-6:30pm

Fox Family In Fall

Find out what happens to all the members of the fox family as fall approaches and the weather gets colder.

22409 3yrs&up 1 Class \$4 9/12 Tu 5:00pm-6:00pm

Nature Movie--The Lorax

Come enjoy a movie about The Lorax who speaks for the trees.

22418 2yrs&up 1 Class \$2 9/24 Su 2:00pm-2:30pm

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

22424 1yrs&up 1 Class \$4 9/30 Sa 3:30pm-4:30pm

22549 1yrs&up 1 Class \$4 11/1 W 10:00am-11:00am

Autumn Leaves

Find out how leaves change color and what happens to trees in the winter.

22472 3yrs&up 1 Class FREE 10/18 W 5:00pm-6:00pm

Apple Cider Pressing

Join us at our pioneer cabin to see apple cider being made using an old-fashioned cider press.

22477 3yrs&up 1 Class \$4 10/21 Sa 10:00am-11:00am

Puppet Shows

Reservations required for all. No fee for adults or infants.

Busy Beaver Prepares For Winter

Does Will Woodchuck remember how to get ready for winter?

22404 1yrs&up 1 Class \$2 9/12 Tu 9:30am-10:00am

22405 1yrs&up 1 Class \$2 9/12 Tu 1:00pm-1:30pm

Mousekin's Golden House

Mousekin discovers an old jack-o-lantern & finds it's the perfect home.

22470 1yrs&up 1 Class \$2 10/17 Tu 1:30pm-2:00pm

22471 1yrs&up 1 Class \$2 10/18 W 11:30am-12:00pm

Mousekin's Thanksgiving

Mousekin discovers that her stored winter food is missing. See how her animal friends help her!

22567 1yrs&up 1 Class \$2 11/16 Th 1:30pm-2:00pm

22568 1yrs&up 1 Class \$2 11/21 Tu 11:30am-12:00pm

We provide naturalist-led environmental and historical education programs for organized groups by reservation. See information at www.brooksidenature.org.

Autumn Colors And Craft

After a walk in the woods looking at the fall leaf colors, make a leaf canvas tote bag. Fee is for crafter only.

22478 3yrs&up 1 Class \$10 10/21 Sa 1:00pm-2:30pm

Make It & Take It Leaf Rubbings

Learn how to identify the different types of fall leaves by making and labeling leaf rubbings. No reservations required.

22479 1M&up 1 Class FREE 10/22 Su 2:00pm-3:00pm

Fairy Tale Hike

Make Halloween special by meeting fairy tale characters in our enchanted forest. Trail-friendly costumes optional. All register--\$5/child, \$2/adult

22481 1yrs&up 1 Class \$5 10/28 Sa 4:00pm-4:30pm

22482 1yrs&up 1 Class \$5 10/28 Sa 4:10pm-4:40pm

22483 1yrs&up 1 Class \$5 10/28 Sa 4:20pm-4:50pm

22484 1yrs&up 1 Class \$5 10/28 Sa 4:30pm-5:00pm

22485 1yrs&up 1 Class \$5 10/28 Sa 4:40pm-5:10pm

22486 1yrs&up 1 Class \$5 10/28 Sa 4:50pm-5:20pm

22487 1yrs&up 1 Class \$5 10/28 Sa 5:00pm-5:30pm

22488 1yrs&up 1 Class \$5 10/28 Sa 5:10pm-5:40pm

22489 1yrs&up 1 Class \$5 10/28 Sa 5:20pm-5:50pm

22490 1yrs&up 1 Class \$5 10/28 Sa 5:30pm-6:00pm

22491 1yrs&up 1 Class \$5 10/28 Sa 5:40pm-6:10pm

22492 1yrs&up 1 Class \$5 10/28 Sa 5:50pm-6:20pm

22493 1yrs&up 1 Class \$5 10/28 Sa 6:00pm-6:30pm

Living In A Hole

Animal homes are all around us. Find out who lives in the different kinds of holes around the nature center, and what they do in them.

22555 2yrs&up 1 Class \$4 11/4 Sa 10:30am-11:30am

Family Letterboxing Hike

A fun, outdoor activity for the whole family. Create your own personalized stamp, make a letterboxing notebook, then hike using clues to find the hidden letterboxes in the park! Bring one daypack/family and wear good walking shoes.

22565 2yrs&up 1 Class \$9 11/12 Su 11:00am-12:30pm

Brookside Rocks

Stop in and enjoy looking at some of our amazing rock collection. No reservations required.

22602 1M&up 1 Class FREE 11/19 Su 1:00pm-3:00pm

School's Out!

Reservations required unless otherwise noted. No fee for adults.

Family Birdwalk

We'll look for and identify a few common, local birds! Bring your binoculars or borrow ours. Non-walkers in backpacks.

22449 1M&up 1 Class FREE 10/2 M 8:00am- 9:00am

Stone Soup

Listen to this popular story and make stone soup at pioneer cabin. While we wait for soup to cook play old-time games.

22451 1yrs&up 1 Class \$7 10/2 M 11:00am-12:30pm

Billy Goat Trail Hike

No school today so pack a lunch and go rock scrambling as we hike Section A of the Billy Goat Trail along the Potomac River. Be prepared--this is a moderate to strenuous hike. Parents/guardians are encouraged to hike with their kids.

22474 8yrs&up 1 Class FREE 10/20 F 10:00am-2:00pm

Autumn Pond Walk

Explore our pond and find out where pond animals go in the cold and snows.

22475 6-12yrs 1 Class \$4 10/20 F 10:30am-11:30am

Pioneer Days

Learn about life in the 1850s. Make candles, butter, potpourri sachets, write with a quill pen and more!

22476 3yrs&up 1 Class \$8 10/20 F 1:00pm-3:00pm

Geology In Your Own Backyard

Learn what's under the ground by looking at what's on it during a geology tour. Start your own rock collection. Bring a shoebox & top or a similar small box.

22550 6-12yrs 1 Class \$5 11/1 W 2:00pm-3:00pm

Woodland Indian Games

Step back in time and come play the way the Indian children played, and learn some of their skills at the same time.

22551 6-12yrs 1 Class \$4 11/1 W 3:30pm-4:30pm

Breakfast, Pioneer Style

We'll make hot cakes and butter, and use some real maple syrup for our old time breakfast, while we learn about fall on the homestead. Fee is per child.

22559 1yrs&up 1 Class \$6 11/7 Tu 9:00am-10:00am

Candle-dipping

Make an old-fashioned hand dipped candle.

22560 3-12yrs 1 Class \$2 11/7 Tu 11:00am-12:00pm

Pioneer Games Drop-In

Play old-fashioned games like hopscotch, hoops, marbles and play with some wooden toys. No reservations required.

22561 3-12yrs 1 Class FREE 11/7 Tu 12:30pm-1:30pm

Make And Take Pioneer Crafts

Make a potpourri sachet, rag doll, write with a quill pen, watercolor painting.

22562 3-12yrs 1 Class \$8 11/7 Tu 2:00pm-3:30pm

Home School Specials

Reservations required.

Birds In Your Backyard

Learn how birds are different and why through a fun game and craft.

22413 4-7yrs 1 Class \$5 9/19 Tu 1:30pm-2:30pm

Life As A Bird

Learn some of the special adaptations that benefit birds, and helpful clues to identify them.

22415 7-12yrs 1 Class \$5 9/21 Th 1:00pm-2:00pm

Seeds!

Learn ways plant seeds are dispersed. Enjoy a scavenger hunt to spy seeds.

22455 4-7yrs 1 Class \$4 10/10 Tu 1:30pm-2:30pm

Mammals On The Move!

Through a fun game, learn about mammals and how the food chain works.

22566 7-12yrs 1 Class \$6 11/14 Tu 1:30pm-3:00pm



Brookside At Night

Reservations required for all and no fee for adults unless otherwise noted.

Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. No registration required. Rain cancels program.

22403	2yrs&up	1 Class	FREE	9/11	M	7:15pm- 8:00pm
22473	2yrs&up	1 Class	FREE	10/19	Th	6:30pm- 7:15pm
22609	2yrs&up	1 Class	FREE	11/29	W	4:45pm-5:30pm

Autumn Campfire Dinner

Celebrate fall with dinner outdoors. Bring your hot dogs and rolls, we'll supply the fixin's and dessert. Look for signs of fall afterwards.

22417	2yrs&up	1 Class	\$6	9/23	Sa	5:00pm-6:30pm
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Coyote And Friends Campfire

Roast marshmallows and learn about our wild canine friends, and how best to live with our newest neighbor.

22554	2-13yrs	1 Class	\$5	11/3	F	6:00pm- 7:00pm
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Night Sounds

We'll listen and look for residents of the fall forest-- deer, foxes, raccoons and flying squirrels-- and find out how they get ready for winter.

22557	3yrs&up	1 Class	\$4	11/5	Su	5:30pm-6:30pm
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Night Hike And Owl Prowl

Take a nighttime walk in the woods and listen for the calls of owls and maybe catch a glimpse, if we're lucky.

22558	6yrs&up	1 Class	\$6	11/6	M	7:00pm- 8:30pm
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Dinner Over The Campfire & Movies Under

Gather 'round the fire to cook a hot dog, roast corn on the cob and marshmallows and pop popcorn. After dinner we'll settle down for a Winnie the Pooh movie under the stars! Bring your bear to cuddle and a blanket and lawn chair.

22564	1yrs&up	1 Class	\$6	11/11	Sa	4:30pm-6:30pm
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Leonids Campfire At Maydale Park

Come out to toast some marshmallows by the warm fire and watch the sky for sparkling streaks from the Leonid meteor shower. Rain or cloudy skies cancel program. Fee is for each roasting stick. No reservations required.

22599	2yrs&up	1 Class	\$1	11/17	F	7:30pm- 9:30pm
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Adult/Young Adult

Reservations required for all programs.

Explore A Park

New to the area? Want to learn more about a park? Or just want to get out for a hike? Then join us as we explore different parks in the county.

22400	18yrs&up	1 Class	FREE	9/3	Su	9:30am-11:00am
22448	18yrs&up	1 Class	FREE	10/1	Su	9:30am-11:30am

Bicycle Ride Along The C & O Canal

Bike about 25 miles along scenic C & O Canal from White's Ferry (near Poolesville) to Great Falls. You must attend a mandatory pre-ride meeting on Thursday, Aug. 31 in the evening.

22401	13-16yrs	1 Class	\$28	9/9	Sa	10:00am-4:00pm
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Enjoy Birding

A leisurely hike in search of resident and migratory birds. Learn to use binoculars to locate birds and identify them by sight, behavior and song or calls. For beginner and experienced birders. Bring binocs or borrow ours.

22410	18yrs&up	1 Class	FREE	9/13	W	9:30am-11:00am
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Ladies Bicycle Out

Bring your bike and join like-minded women for a jaunt along the Sligo Creek Trail.

22416	18yrs&up	1 Class	FREE	9/23	Sa	10:00am-12:00pm
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Adult Fall Flower Walk

Learn the identity and uses of some common wildflowers in the meadow and the woodlands.

22420	18yrs&up	1 Class	FREE	9/27	W	6:00pm- 7:00pm
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Evening Stroll

A great way to wind down the day-we'll hike on the of the park's trails.

22453	18yrs&up	1 Class	FREE	10/5	Th	6:00pm- 7:00pm
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Adult Evening In The Forest

Enjoy the evening listening for birds and mammals getting ready to sleep and looking for the spots where they do so.

22457	18yrs&up	1 Class	FREE	10/11	W	6:00pm- 7:00pm
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Ladies Hike Out

Want to hike but don't know where to go? Meet other women while we hike along different trails in our parks. Adult women only, please.

22494	18yrs&up	1 Class	FREE	10/29	Su	8:00am-12:00pm
22563	18yrs&up	1 Class	FREE	11/10	F	1:00pm-3:00pm

Tour And Tea Historic Ellicott City

We'll travel to Main Street Ellicott City for a guided walking tour including a stop at the B&O Railroad Museum. Then enjoy a scrumptious tea at the 19th century stone building Tea On The Tiber for finger sandwiches, scones, and delectable desserts.

22419	18yrs&up	1 Class	\$45	9/27	W	9:30am-2:30pm
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Adult Autumn Ramble

Enjoy the crisp days of autumn on a leisurely walk through our forest and meadow, visiting Pine Lake and our winding namesake brook.

22556	18yrs&up	1 Class	FREE	11/4	Sa	2:00pm-3:00pm
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Wheaton Walkabout

Explore late autumn along the trails of Wheaton Regional Park.

22607	18yrs&up	1 Class	\$4	11/26	Su	12:00pm-1:00pm
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Special Events

No reservations required.

Children's Day At Brookside Gardens

Join the staff as Children's Day celebrates American Indians.

22411	1M&up	1 Class	FREE	9/16	Sa	11:00am-4:00pm
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Harvest Festival

Join the naturalists at the Agricultural History Farm Park. Fee for parking.

22454	1M&up	2 Classes	FREE	10/7	Sa, Su	11:00am-4:00pm
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Locust Grove Nature Center

Cabin John Regional Park
301-299-1990

7777 Democracy Blvd. Bethesda, MD 20817
www.locustgrovenature.org

Center is open Tuesday through Saturday, 9am-5pm.
Trails open daily dawn to dusk

Tot Time

All children must be accompanied by an adult.

Trees!

As leaves drift and tumble around us it's a perfect time to discover trees with our youngest naturalists.

23360 1yrs-2yrs 1 Class \$3 9/27 W 11:30am-12:15pm

Pleasing Pumpkins!

Let's explore pumpkins inside and out using all five senses, and a little nonsense as well!

23424 1yrs-2yrs 1 Class \$5 10/11 W 11:30am-12:15pm

Go to Sleep!

Shhh! Winter's coming and many animals are preparing for a long nap. Let's learn why and how!

23488 1yrs-2yrs 1 Class \$3 11/11 Sa 11:30am-12:15pm

Toddler/Preschool

Buzzing a Hive

Do you have a taste for sweet things? Can you communicate by dancing? Do you love to work, work, work? If so, you're ready to be a bee! Let's learn how these un-bee-lievable insects bee-have through a story, hike, and role-playing! No younger siblings please!

23357 3yrs-6yrs 1 Class \$5 9/21 Th 4:00pm- 5:00pm

Discover Nature: Snuggle Bugs

Where do bugs go when it gets cold? Come on over to Locust Grove and find out!

23362 3yrs-6yrs 1 Class \$5 10/3 Tu 10:00am-11:00am

Seasons of Arnold's Apple Tree Storytime

The magic that turns a blossom into an apple turns summer into fall. Come experience it during this storytime and hike.

23450 3yrs-6yrs 1 Class \$5 10/18 W 4:00pm- 5:00pm

Not-so-scary Halloween Stories

Join us for some funny, fuzzy and furry stories about costumed characters.

23457 3yrs-6yrs 1 Class \$5 10/31 Tu 3:30pm- 4:30pm

Finders Keepers

Find it and keep it scavenger hunt. Take a hike through the park hunting for items that are labeled 'Locust Grove Nature Center'. Find the item - and it's yours forever! (Limit of 2 items per person). Register by 11/2/06.

23479 2yrs-8yrs 1 Class \$4 11/4 Sa 1:00pm- 2:00pm

Puppet Show: Busy Beaver and Friends

Learn how the busy beaver and his friends prepare for the long cold winter. Craft included. Meet at Cabin John Reg Park Train Station. All children 1 year and older must register.

23486 1yrs-8yrs 1 Class \$4 11/7 Tu 10:30am-11:15am

Storytime: Raccoon Tune

Join us for a funny romp through backyards and parks as we follow a family of rhyming raccoons on their nightly misadventures.

23502 3yrs-6yrs 1 Class \$5 11/16 Th 10:00am-11:00am

Children/Youth

Children under 8 must be accompanied by an adult.

Art at the Amphitheater

Explore interpretive dance and join in a poetry slam for kids. We'll let our imaginations run wild as we explore nature through our creative selves. Meet at the Amphitheater in Cabin John Regional Park.

23350 5yrs-12yrs 1 Class FREE 9/12 Tu 11:00am-12:00pm

Remote Sensing with Echo the Bat

How do satellites in space tell us what's on Earth? Let NASA's Echo the Bat guide us through many terrestrial habitats using satellite-based remote sensing.

23356 6yrs-12yrs 1 Class \$5 9/20 W 4:00pm- 5:00pm

Forest Folklore

Can wooly bear caterpillars predict the weather? Does moss always grow on the north side of a tree? Come explore the wisdom and just plain silliness of forest folklore.

23358 6yrs-12yrs 1 Class \$5 9/26 Tu 10:00am-11:00am

Nature's Harvest

It's time for apples and pumpkins and all sorts of yummy food to be brought in from the fields. But what foods do the animals gather? Learn about nature's wild harvest, which keeps forest creatures going all winter.

23469 6yrs-12yrs 1 Class \$5 11/1 W 1:00pm- 2:00pm

Nutty Friday Night!

The school week is over; the homework can wait. It's time to relax and get a little crazy - crazy about nuts that is! We'll learn about acorns, hickory nuts and chestnuts, and the masterful (pun intended) role they play in our forest ecosystem. Let's see how fun nuttiness can be and how delicious it can taste! All attendees must register and pay.

23509 6yrs&up 1 Class \$5 11/17 F 7:00pm- 8:00pm

Apple Cider Making

From apple tree seeds to apple pressing, learn how cider is made. After comparing the taste of different varieties of apples, we'll use an old-fashioned press to make cider. Then it's time to quench our thirst with a sip of apple goodness (from our press and pasteurized cider from the market)! Registration deadline is Tuesday, October 10th for course #23430 and Thursday, October 12th for course #23449.

23430 3yrs-12yrs 1 Class \$5 10/12 Th 3:30pm- 4:30pm

23449 3yrs-12yrs 1 Class \$5 10/17 Tu 10:30am-11:30am

Play with Your Food

Food is fun, especially when it's carved into fantastic creations. See what you can do with an apple and a handkerchief!

23526 6yrs-12yrs 1 Class \$6 11/22 W 3:30pm-4:30pm

Nature's Dangers (or not?)

What's really out there in the woods? Giant man-eating iguanas? Tigers? Great leaping lemurs? Find out what really lives here and what, if anything, represents a true danger to us.

23533 6yrs-12yrs 1 Class \$5 11/28 Tu 4:00pm-5:00pm

Scouts

Webelos Day

Want to earn a Naturalist or Forester activity badge? Or do you just have a few steps left to get a badge? Join us for a self-guided exploration of the nature center's many resources and visit our activity stations to complete your badge requirements. Children under 8 must be accompanied by an adult. Fee is per scout.

23483 5yrs&up 1 Class \$7 11/7 Tu 10:00am-2:00pm

Programs For All

Corn Moon

Traditionally, people named each full moon of the year. This month is the "corn moon". Walk with us to learn about moon tales, moon names, and if that's a rabbit or a man in the moon! All attendees over the age of 1 must register and pay.

23348 All Ages 1 Class \$2 9/7 Th 7:00pm-8:00pm

So Long Summer Campfire & Games

Bring a picnic lunch and drinks. Have lunch, chat with friends, play nature games and create some good old family fun. Marshmallows and half the fun provided by us. All attendees over the age of 1 must register and pay. Registration closes 9/13/06.

23354 All Ages 1 Class \$3 9/16 Sa 11:00am-1:00pm

Fall Storytime at Meadowbrook

Meet a naturalist for a story in the playground area of Meadowbrook/Candy Cane Park. Adults must accompany children under 8. Registration not required.

23359 All Ages 1 Class FREE 9/27 W 11:00am-11:30am

Family Campfire

Welcome Fall through a backwards glance at summer and a forward gaze at winter during this colorful campfire! Games, songs, and s'mores included. All attendees over the age of 1 must register and pay. Registration closes Sept. 26. Please register early!

23361 All Ages 1 Class \$3 9/29 F 7:00pm-8:30pm

Poison Ivy: Fact and Fiction!

Do 'leaves of three' really turn red in the fall? Can you get the dreaded rash just by standing near the plant? Is there any value at all to this annoying vine? Come learn the surprising truth at this informational session and hike.

23445 8yrs&up 1 Class \$5 10/14 Sa 2:00pm-3:00pm

Apple Pressing Plus

In addition to making and sampling apple ciders and tasting apple butter, we'll play some old-time apple games and make an apple craft. All attendees over the age of 1 must register and pay. Registration closes Tuesday, October 17th.

23452 All Ages 1 Class \$3 10/20 F 1:00pm-2:30pm

Black Cow Night Hike

I never saw a purple cow and hope to never see one. But black cows are a welcome sight, and I'd just love to drink one! After scouting the Cabin John trail for signs of mysterious nightlife, we'll slurp down root beer floats and toast all nocturnal critters, fantastic and real. All attendees over the age of 1 must register and pay.

23455 All ages 1 Class \$3 10/27 F 7:00pm-8:15pm

Talk Turkey

Turkeys are big; turkeys are beautiful; turkeys are cool. Learn more about this once-abundant fowl. Children under 8 must be accompanied by an adult. All attendees over the age of 1 must register and pay.

23518 All ages 1 Class \$2 11/18 Sa 11:00am-12:00pm

Family Hikes

All attendees over the age of 1 must register and pay.

Blockhouse Point

Esteemed by Park and Planning staff as one of the top 5 Conservation Parks in the county, Blockhouse Point offers grand views of the Potomac River, a mature upland forest, and a fascinating piece of Civil War history. We'll experience each of these features as we walk over natural surface trails pausing frequently for noteworthy observations. The hike is best for young children in carriers or those able to walk 3.5 miles over varied terrain. Meet at Blockhouse Point Conservation Park off River Road in Darnestown. Please call for directions.

23355 All Ages 1 Class \$4 9/17 Su 1:00pm-3:30pm

Sugarloaf

The views from the top of Sugarloaf Mountain in southern Frederick County reveal the splendor of autumn in late October, making every uphill climb over boulders and stones well worth the effort. We'll walk 2 - 3 not-so-easy miles over rugged terrain, stopping to learn the amazing natural and cultural history of this famous local landmark. This hike is not suitable for toddlers or children unaccustomed to trail hiking. Meet at Sugarloaf Mountain parking lot; call for directions.

23454 All Ages 1 Class \$4 10/22 Su 1:00pm-4:00pm

Little Bennett Regional Park

The gem of upcounty, this magnificent 3000 acre park is perfect to explore at any time of the year. On natural surface trails we'll probe Little Bennett's southern aspect and its rural history. Children must be able to walk approximately 3 miles or be carried in a backpack. Meet at the Hyattstown Mill parking lot off Clarksburg Rd.

23489 1yrs&up 1 Class \$4 11/12 Su 1:00pm-4:00pm

Adult/Young Adult

Baby and Me Hike

MLK Park

Let's explore the eastern part of the county as we stroll the paved and wooded trails of Martin Luther King Park off Georgia Ave. This park is rumored to be one of the best-kept secrets of Silver Spring - come see why!

23353 16yrs&up 1 Class FREE 9/13 W 9:45am-10:45am

South Germantown

From dairy farm to soccer fields, this section of south Germantown has experienced a notable transformation. The resulting park offers miles of paved trails over gently rolling landscape that skirts meadow, pond, and yes, soccer fields. Come learn about this diverse recreational site and its history on our easy 2-3 mile walk.

23363 16yrs&up 1 Class FREE 10/4 W 9:45am-10:45am

Art Show: Portraits of Nature

Join us for a gala evening and photography exhibit. Featured artists are local amateur wildlife and nature photographers we've discovered by artful accident!

23437 14yrs&up 1 Class FREE 10/13 F 7:00pm- 9:00pm

Hiking with Kids in November

Want to take a hike but have your kids with you all day? Not to worry! We will take an easy hike around the park that even your youngest will enjoy.

23487 16yrs&up 1 Class FREE 11/9 Th 11:00am-11:45am

Adult Van Tours

U.S. National Arboretum Tour and Lunch

Enjoy a special visit to the U. S. Arboretum's 446 acres of gardens and natural habitats. Following a private 40-minute interpretive tram ride, we'll indulge in a delicious lunch. Afterwards there's time to visit some of the many garden displays and collections. Fee includes tour, transportation from Locust Grove and lunch. This program is expected to fill quickly and early registration is strongly recommended! Meet at Locust Grove Nature Center. Registration Deadline Thursday August 17th.

23349 14yrs&up 1 Class \$35 9/8 F 9:00am- 3:00pm

Bridges of Frederick County Van Tour

Covered bridges were multi-use structures in rural America. By visiting three authentic ones in Frederick County, we'll learn of their many functions and architectural variety. Photo opportunities abound in this picturesque tour through Frederick County; bring your camera! Lunch following at a local restaurant is at an additional cost. Transportation provided from Locust Grove.

23474 16yrs&up 1 Class \$20 11/3 F 10:00am- 2:30pm

Montpelier Mansion Tea and Tour

18th Century architecture at its best! We will take a private docent-led tour of the historic house and relish the breathtaking view of the 70 acres of parkland surrounding Montpelier Mansion. Following the tour, it's teatime and lunch (white gloves and hat optional). Transportation, tea, lunch and tour are included in price. (You may want to bring extra cash for our visit to The Little Teapot gift shop). Meet at Locust Grove Nature Center. Register early, this program promises to fill up quickly! Registration ends Thurs., October 26.

23506 16yrs&up 1 Class \$35 11/17 F 9:30am- 3:00pm



Teens! Adults! Families!

We love our volunteers; they're simply the best in the park system, but that doesn't mean they stay with us forever! If you are interested in Animal Care, Grounds Keeping, Gardening, Trail Maintenance, Vernal Pool or Bluebird Monitoring, or serving as a Nature Center host, please contact us at Locust Grove.

There may be an opening for you. We'd be happy to talk to you!

Call 301-299-1990 for information.



Meadowside Nature Center

Rock Creek Regional Park
301-924-4141

5100 Meadowside Lane Rockville, MD 20855
www.meadowsidenature.org

Center is open Tuesday through Saturday 9 am to 5 pm. Trails are open Daily Dawn to Dusk. November through March Saturday hours are 9 am to 4 pm.

Children & Youth

Wild Canines

We will bark, howl and yip our way through a craft and stories of foxes, coyotes and wolves!

22495	3-7yrs	1 Class	\$5	9/5	Tu	9:30am-10:30am
22496	3-7yrs	1 Class	\$5	10/25	W	9:30am-10:30am

Storytime: How Does The Wind Walk?

Discover how the wind can change with the seasons and how it can influence nature and our lives. Join Naturalist Sandy Staples for a story and make a simple craft that is wind powered to take home.

22911	3-6yrs	1 Class	\$5	9/5	Tu	1:30pm-2:30pm
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Fall Comes To The Forest

Share in the delight of the woods in autumn. Stories, a craft and hike help explain the changes that occurs to the woods in fall. Naturalist: Melanie Marshall

22499	3-7yrs	1 Class	\$5	9/7	Th	9:30am-10:30am
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It's Apple Cider Pressing Time!

The apples have ripened on the tree and its time to make cider. Join us for apple lore, apple facts and take part in making apple cider.

22502	3-7yrs	1 Class	\$5	9/12	Tu	9:30am-10:30am
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Storytime: The Very Clumsy Click Beetle

Explore the miniature world of insects and hike through the woods to find examples of different bugs and their habitats.

22912	3-6yrs	1 Class	\$4	9/13	W	9:30am-10:30am
22913	3-6yrs	1 Class	\$4	9/13	W	1:30pm-2:30pm

Nuts To You!

Fall is the nuttiest time! Come to Meadowside and we will take a closer look at nuts and who eats them through stories, activities and a craft. Naturalist: Melanie Marshall

22698	3-7yrs	1 Class	\$5	9/13	W	10:30am-11:30am
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Magic With Nature's Colors

Explore the magic of natural dyes with wool samples as we see what colors we can get from different plants. Be sure to wear old clothing for this hands-on workshop. Adults must stay with the children.

23029	6-14yrs	1 Class	\$6	9/13	W	4:30pm-5:30pm
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Storytime: Verdi, The Snake

Learn about snakes and what makes them so special. Meet a live snake after the story. With parental help, you will turn recycled materials into a jointed snake to take home.

22914	3-6yrs	1 Class	\$5	9/19	Tu	9:30am-10:30am
22915	3-6yrs	1 Class	\$5	9/19	Tu	1:30pm-2:30pm

Teddy Bears and Teddy Tales

Bring your favorite teddy bear and listen to bear tales-black bears, brown bears, and of course, teddy bears! Make a bear craft to take home. Naturalist: Melanie Marshall

22699	3-7yrs	1 Class	\$5	9/20	W	9:30am-10:30am
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Rollicking Raccoons!

Those masked wonders are a familiar sight in our neighborhoods and towns. Explore the wondrous nature of raccoons through stories, craft and activities. Naturalist: Melanie Marshall

22700	3-7yrs	1 Class	\$5	9/21	Th	9:30am-10:30am
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Ooze, Goo, Slime, and Stink!

Come learn all about slime and ooze as we make it and discover its wonderful properties! Naturalist: Melanie Marshall

22701	6-12yrs	1 Class	\$5	9/21	Th	3:45pm-4:45pm
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Waggle Dance

Let's wiggle and waggle as we learn about honey bees through stories, a craft and a visit to our observation hive! Naturalist: Melanie Marshall

22702	3-7yrs	1 Class	\$5	10/11	W	9:30am-10:30am
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Pumpkins Galore!

Autumn is pumpkin time! Join us for an hour of pumpkin fun as we learn how pumpkins grow, tell pumpkin tales and make a pumpkin craft to take home! Naturalist: Melanie Marshall

22786	3-7yrs	1 Class	\$5	10/13	F	9:30am-10:30am
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Storytime: In A Nutshell

Learn about the life cycle of trees and how they are changing with the coming of fall. We'll make a craft to celebrate the beauty of leaf shapes and colors to take home.

23020	3-6yrs	1 Class	\$5	10/17	Tu	9:30am-10:30am
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23021	3-6yrs	1 Class	\$5	10/17	Tu	1:30pm-2:30pm
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Gourd Critters!

Gourds are everywhere at this time of the year. Learn some amazing gourd facts, some fanciful gourd history and create gourd critters to take home. Naturalist: Brian Kristal

22847	3-7yrs	1 Class	\$5	10/17	Tu	10:00am-11:00am
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22860	3yrs&up	1 Class	\$5	10/17	Tu	3:00pm-4:00pm
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Birthday Parties

Meadowside Nature Center offers a special place to have a birthday party. Parties include a 1-hour nature program, a craft activity, and a birthday bag for each child. Call the facility or visit www.meadowsidenature.org for more details.



Busy As A Beaver!

Join us for a chomping good time as we tell beaver tales, learn beaver facts and take a hike to find a beaver home! Naturalist: Melanie Marshall

22791 3-7yrs 1 Class \$5 10/20 F 9:30am-10:30am

Storytime: Sea Turtle Tide

Explore the world of sea turtles and other special aquatic creatures. After the story, make a mobile to take home that will remind you of the sea.

23023 3-6yrs 1 Class \$5 10/24 Tu 9:30am-10:30am

23024 3-6yrs 1 Class \$5 10/24 Tu 1:30pm-2:30pm

Get The Skinny On Molting

Snakes molt, spiders molt-do you? Get the facts on molting, meet some animals that do and make a craft to take home.

Naturalist: Melanie Marshall

22814 8-13yrs 1 Class \$5 10/26 Th 3:45pm-4:45pm

Halloween Extravaganza!

It's time for Meadowside's annual Halloween Extravaganza! Wear your costume and join the Meadowside staff for a howling night of family Halloween fun. See Dr. Blood and his amazing animals, take a hike through the woods on a path lit by jack o'lanterns and make Halloween crafts to take home!

22821 2yrs & up 1 Class \$8 10/27 F 6:30pm-8:00pm

The Ghost Owl!

Did you know Barn owls were called ghost owls? Meet Cedric our Barn Owl and get the facts on this amazing bird of prey! Stories, craft and Cedric of course! Naturalist: Melanie Marshall

22822 3-7yrs 1 Class \$5 10/31 Tu 9:30am-10:30am

Gobble, Gobble, Gobble

Turkey tales, turkey calls, and a turkey craft help explore the world of the wild turkey. Naturalist: Melanie Marshall

22823 3-7yrs 1 Class \$5 11/1 W 9:30am-10:30am

It's Hibernation Time!

Winter is coming and it's time to hibernate. Find out who the forest sleepy heads are through stories, activities and a craft. Naturalist: Melanie Marshall

22824 3-7yrs 1 Class \$5 11/2 Th 9:30am-10:30am

It's All About The Weather!

Did you ever wonder how meteorologists predict the weather? Learn the facts about the weather through activities and a craft. Naturalist: Melanie Marshall

22846 8-13yrs 1 Class \$5 11/2 W 3:45pm-4:45pm

Geology Rocks!

Geology Rocks! Get the basics of geology through activities, craft and a hike to check out our Rock Creek rocks! Naturalist: Melanie Marshall

22845 8-13yrs 1 Class \$5 11/3 F 3:45pm-4:45pm

Jurassic Tales!

Journey back to the time of the dinosaurs! We will fill this hour with dinosaur tales, dino activities and a dino craft to take home. Naturalist: Melanie Marshall

22825 3-7yrs 1 Class \$5 11/7 Tu 9:30am-10:30am

Mr Grey Squirrel And Friends!

Even in winter, the grey squirrel is everywhere! Hurrying, scurrying, and digging up the nuts buried in the fall. Join us as we explore the wonderful world of the grey squirrel and friends through stories, activities, and a craft. Naturalist: Melanie Marshall

22826 3-7yrs 1 Class \$5 11/8 W 9:30am-10:30am

Be A Tin Smithy!

Journey back in time as we learn more about the art and craft of being a tin smith. Make a piece of tin smithing to take home.

22827 8-13yrs 1 Class \$5 11/8 W 3:45pm-4:45pm

Storytime: While You Were Sleeping

Learn about different nocturnal animals and why they have adapted to sleeping during the day and being active at night.

23025 3-6yrs 1 Class \$5 11/14 Tu 9:30am-11:30am

23026 3-6yrs 1 Class \$5 11/14 Tu 1:30pm-2:30pm

Chipmunks!

Chipmunks here, chipmunks there, scurrying everywhere! Get the facts on these adorable ground squirrels through stories, craft and a hike! Naturalist: Melanie Marshall

22841 3-7yrs 1 Class \$5 11/15 W 9:30am-10:30am

Attack! Run! Stink!

An animal is about to be attacked! What to do? Well, if you are an animal, you might run, attack back or stink! Join us for a fun filled hour of animal defenses from the furious to the odiferous! Naturalist: Melanie Marshall

22842 8-13yrs 1 Class \$5 11/16 Th 3:45pm-4:45pm

Light, Color, And Magic!

Learn how to transform recycled Pringles containers into kaleidoscopes that turn found objects in beautiful colored patterns.

23050 6-14yrs 1 Class \$6 11/21 Tu 4:30pm-5:30pm

Weather Wonders

Brrrr, its cold outside! So come inside for some weather tales, weather activities and more weather wonders. Naturalist: Melanie Marshall

22844 3-7yrs 1 Class \$5 11/22 W 9:30am-10:30am

Storytime: I'm A Manatee!

Learn about the lives of a very special animal and why it is endangered. We'll learn about some of the creatures that are found in the warm waters around the Florida coast.

23027 3-6yrs 1 Class \$5 11/28 Tu 9:30am-10:30am

23028 3-6yrs 1 Class \$5 11/28 Tu 1:30pm-2:30pm

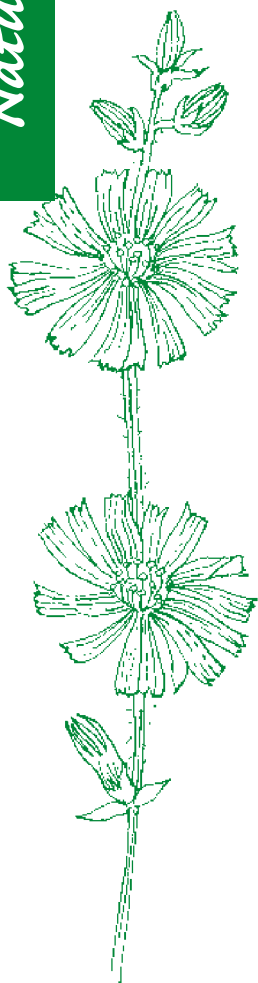
Programs for All**Planetarium Program**

Join us for the current night sky constellations, sky lore, and sky facts. Meet at the Lathrop E. Smith Environmental Center.

22500 8-13yrs 1 Class \$5 9/8 F 3:45pm-4:45pm

22501 8-13yrs 1 Class \$5 10/20 F 3:45pm-4:45pm

22843 8-13yrs 1 Class \$5 11/17 F 3:45pm-4:45pm



Apple Cider Pressing Down On The Farm

Join Naturalist Melanie Marshall for a hayride around the Agricultural History Farm Park, learn about local farm life, apple history and take part in apple cider pressing. All participants, parents and children over the age of 2 must pay.

22503	3yrs&up	1 Class	\$8	9/14	Th	10:00am-11:30am
22504	3yrs&up	1 Class	\$8	9/14	Th	1:00pm-2:30pm

Scarecrow Making

Spruce up your porch or lawn with a scarecrow of your very own making. Your scarecrow will come complete with its very own birth certificate. We supply the straw, the panty-hose and craft supplies. You supply the clothing to dress it in. The price is per scarecrow! Naturalist: Melanie Marshall

22703	2yrs&up	1 Class	\$7	10/12	Th	9:30am-10:30am
22704	2yrs&up	1 Class	\$7	10/12	Th	3:45pm-4:45pm

Pumpkin Painting Fun!

October is pumpkin time. Make your pumpkin last longer by painting it. We will supply the pumpkins, the paints, and the decorations, you supply the imagination. Bring a box to take your creation home in.

22861	2yrs&up	1 Class	\$7	10/18	W	10:00am-11:00am
22862	2yrs&up	1 Class	\$7	10/18	W	3:00pm-4:00pm

Autumn Evening Campfire

Join us for an evening campfire as we talk about the wildlife around us and eat s'mores! All participants pay, including adults.

22875	2yrs&up	1 Class	\$5	10/19	Th	7:00pm-8:00pm
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Making Paper

Learn how to make homemade paper using fibers and water with a touch of dried flowers that can be used to write a letter or for a variety of other crafts.

23048	6yrs&up	1 Class	\$5	10/25	W	4:30pm-5:30pm
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Reptiles Alive!

Meet some of Meadowside Nature Center's live animals as we touch and learn about our native snakes, lizards and turtles. Cameras welcome!

23049	3yrs&up	1 Class	\$2	10/28	Sa	9:15am-10:00am
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Scout Programs

Boy Scout Bird Study Merit Badge

Learn about our multi-plumed friends, their travels, and how to identify them just by their calls. In this class we will discuss bird anatomy, feather types, migratory routes and voice/nest identification. Bring a bag lunch.

22306	8-18yrs	2 Class	\$40	11/13	M, W	4:00pm-7:00pm
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Boy Scout Forestry Merit Badge

Learn about the woodlands of Rock Creek Park as we discuss tree and plant identification, forest succession, uses of timber and fire as a management tool. Bring a bag lunch.

22299	8-18yrs	1 Class	\$40	9/4	M	10:00am-3:30pm
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Boy Scout Geology Merit Badge

What makes up the ground we walk on? Why can't we develop a house on any type of land? These are some of the questions we will be addressing as we learn about fossils, rocks, minerals, and soil composition as we tackle the requirements for this badge. Bring a bag lunch.

22300	8-18yrs	1 Class	\$40	9/16	Sa	10:00am-3:30pm
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Boy Scout Indian Lore Merit Badge

Learn about the Eastern Woodland Indians and other tribes as we discuss hunting, fishing, home-building, tool making, and other skills employed by the Native Americans. In addition, we will be learning sign language and lore as we progress our way through these badge requirements.

22303	8-18yrs	1 Class	\$40	10/21	Sa	10:00am-3:30pm
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Boy Scout Nature Merit Badge

Nature Merit Badge-Enjoy a taste of nature spanning from geology to birds, and insects to trees as we conquer the requirements for this badge. This merit badge provides a scout the opportunity to sample a variety of environmental science concepts. Bag lunch required.

22305	8-18yrs	1 Class	\$40	11/4	Sa	10:00am-3:30pm
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Boy Scout Weather Merit Badge

Why go camping and rely on your local meteorologist to predict the weather when you can learn how to do it yourself. In this class we will learn about fronts, clouds, the water cycle, weather emergency preparedness, and more. Bring a bag lunch.

22301	8-18yrs	1 Class	\$40	9/12	Tu	12:30pm-5:00pm
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Boy Scouts-Env. Science Merit Badge

Discover the role of plants and animals in the environment. Complete both parts to meet merit badge requirements. Note: Two activities must be done outside of the class to complete this badge. Bring a bag lunch.

22302	8-18yrs	2 Class	\$80	10/10	Tu, Th	4:00pm-7:00pm
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Boy Scouts-Mammal Study Merit Badge

Learn about mammals, discover their role in the environment and how they manage in suburbia. Completion of both parts is required in order to meet the merit badge requirements.

22304	8-18yrs	1 Class	\$40	11/18	Sa	10:00am-3:30pm
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BS Reptile & Amphibian Merit Badge

Boy Scouts will learn about native reptiles and amphibians while meeting the requirements for this badge. Bring a bag lunch.

22298	8-17yrs	1 Class	\$40	9/2	Sa	10:00am-3:30pm
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Let's Experiment! Chemistry For Kids

Let's have fun with science as we perform some chemistry experiments from bioluminescence to light waves! Each class will have a different topic. Call for the topic for the session you want. Naturalist: Melanie Marshall

22497	8-13yrs	1 Class	\$8	9/7	Th	3:45pm-4:45pm
22498	8-13yrs	1 Class	\$8	10/19	Th	3:45pm-4:45pm
22840	8-13yrs	1 Class	\$8	11/9	Th	3:45pm-4:45pm

Adult Programs

Jug Bay On The Patuxent

Join the naturalist for a pontoon boat ride on the Patuxent River and a hike on the boardwalk to view the wonderful flora and fauna of this magnificent wetlands. Bring a lunch and eat overlooking the river.

23163 18yrs&up 1 Class \$20 9/7 Th 8:00am-6:00pm

C & O Canal Hike

Meet Naturalist Sandy Staples to explore the views of the canal and Potomac River as well as watch for local and migrating birds, and enjoy the wildflowers.

23167 18yrs&up 1 Class \$6 9/8 F 9:00am-11:00am

23168 18yrs&up 1 Class \$6 11/17 F 9:00am-11:00am

Museum of the Shenandoah Van Tour

We're off to see the autumn colors of the Shenandoah Valley as we tour the 18th Century house, six acres of gardens and a new museum about the area's history. Lunch will be a family style 'tea' in the Museum Tea Room and included in the tour fee.

23164 18yrs&up 1 Class \$45 10/12 Th 8:00am-6:30pm

Fall On Lake Needwood

Adults are invited to join the Naturalist for the last pontoon boat ride on Lake Needwood for this season. Enjoy the changing of the leaves and the visiting waterfowl. Bring binoculars, a towel to sit on, and dress for the weather. Meet at Lake Needwood Boathouse.

22910 18yrs&up 1 Class \$6 10/16 M 9:00am-10:30am

Morning On The Lake

Adults are invited to join the Naturalist for a quiet boat ride on Lake Needwood. Bring binoculars, a towel to sit on, and dress for the weather. Please bring exact change or check and meet at Lake Needwood Boathouse. Program will be cancelled in the case of inclement weather or low water so reservations are required so we can contact you. Naturalist: Sandy Staples

22906 18yrs&up 1 Class \$4 9/11 M 8:30am-9:30am

22907 18yrs&up 1 Class \$4 9/25 M 8:30am-9:30am

22908 18yrs&up 1 Class \$4 10/2 M 8:30am-9:30am

22909 18yrs&up 1 Class \$4 10/9 M 8:30am-9:30am

Damascus Regional Park Hike

Meet Naturalist Sandy Staples at this local regional park that ambles through the stream valley offering excellent birding opportunities as well as a very secluded hiking trail that will become a favorite spot to visit in the future.

Meadowside Nature Center

23169 18yrs&up 1 Class \$6 10/20 F 9:00am-11:00am

Booth's Escape Route (Part !)

Tour the home of Mary Surratt, who was found guilty of conspiring with John Wilkes Booth to assassinate President Lincoln, and start our tour exploring Booth's escape route after the assassination.

23165 18yrs&up 1 Class \$26 10/26 Th 8:30am-5:30pm

Fredericksburg Van Tour

Join Naturalist Sandy Staples for an introduction to the colonial history and local color of Fredericksburg, boyhood town of George Washington. Learn about colonial medical practices at the Apothecary Shop and James Monroe (5th President). Tour 'Kenmore', home of Betty Lewis, George Washington's sister.

23166 18yrs&up 1 Class \$35 11/16 Th 8:00am-6:00pm



Volunteers in the Parks? Naturally!

Volunteering in parks is a natural choice when looking to share your time and talents. Make new friends and learn new things while helping us to spruce up park trails, grow plants at our nurseries, assist naturalists at nature centers, or support our outstanding park programs and facilities.

Sign up Now: Volunteers are needed for several Fall Events, including the Harvest Festival, National Public Lands Day, many Halloween events, and the Gardens of Light Show at Brookside Gardens.

Visit our website to check out our many unique opportunities: www.parksvolunteers.org

Or call the Volunteer Services Office at 301-495-2504

Tennis Classes

Cabin John and Wheaton Indoor Tennis offer affordable, year round, private and group tennis lessons for all ages and abilities.

Registration for September classes begins August 15th and registration for October classes begins October 1st. No registrations will be processed prior to this date.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by Internet (www.ParkPass.org). See registration form on the inside back cover. Sign up early to ensure best availability.

Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet and basic stroke technique. Court etiquette will be addressed at this level.

Beginner: Youth

Cabin John Indoor Tennis

23150	5-8yrs	6 Classes	\$96	9/10	Su	1:00pm-2:00pm
22870	5-8yrs	6 Classes	\$96	9/12	Tu	5:00pm-6:00pm
22871	5-8yrs	6 Classes	\$96	9/15	F	6:00pm-7:00pm
22872	5-8yrs	6 Classes	\$96	9/16	Sa	11:00am-12:00pm
23151	5-8yrs	5 Classes	\$80	10/22	Su	1:00pm-2:00pm
22867	5-8yrs	6 Classes	\$96	10/24	Tu	5:00pm-6:00pm
22868	5-8yrs	5 Classes	\$80	10/27	F	6:00pm-7:00pm
22869	5-8yrs	5 Classes	\$80	10/28	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

22873	5-8yrs	6 Classes	\$84	9/15	F	4:00pm-5:00pm
22874	5-8yrs	5 Classes	\$70	10/27	F	4:00pm-5:00pm

Beginner: Pre Teen

Cabin John Indoor Tennis

22864	9-12yrs	6 Classes	\$96	9/10	Su	12:00pm-1:00pm
22863	9-12yrs	5 Classes	\$80	10/22	Su	12:00pm-1:00pm

Wheaton Indoor Tennis

22865	8-12yrs	6 Classes	\$84	9/14	Th	4:00pm-5:00pm
22866	8-12yrs	5 Classes	\$70	10/26	Th	4:00pm-5:00pm

Beginner Plus

This student has been through the Beginner class once or twice and has begun to pick up the fundamental hitting skills-grounds, lobs, volleys, serve, and over-head skills. The student should also know the basic safety rules, the etiquette, and some of the vocabulary of tennis.

Beginner: Plus Youth

Cabin John Indoor Tennis

22833	5-8yrs	6 Classes	\$96	9/10	Su	11:00am-12:00pm
22832	5-8yrs	6 Classes	\$96	9/15	F	5:00pm-6:00pm
22831	5-8yrs	6 Classes	\$96	9/16	Sa	5:00pm-6:00pm
22830	5-8yrs	5 Classes	\$80	10/22	Su	11:00am-12:00pm
22829	5-8yrs	5 Classes	\$80	10/27	F	5:00pm-6:00pm
22828	5-8yrs	5 Classes	\$80	10/28	Sa	5:00pm-6:00pm

Wheaton Indoor Tennis

22836	5-8yrs	6 Classes	\$84	9/10	Su	2:00pm-3:00pm
22834	5-8yrs	6 Classes	\$84	9/15	F	5:00pm-6:00pm
22835	5-8yrs	6 Classes	\$84	9/16	Sa	2:00pm-3:00pm

22838	5-8yrs	5 Classes	\$70	10/22	Su	2:00pm-3:00pm
22837	5-8yrs	5 Classes	\$70	10/27	F	5:00pm-6:00pm
23247	5-8yrs	5 Classes	\$70	10/28	Sa	2:00pm-3:00pm

Beginner Plus: Pre Teen

Cabin John Indoor Tennis

23383	9-12yrs	6 Classes	\$96	9/10	Su	2:00pm-3:00pm
22803	9-12yrs	6 Classes	\$96	9/12	Tu	4:00pm-5:00pm
22813	9-12yrs	6 Classes	\$96	9/13	W	6:00pm-7:00pm
22806	9-12yrs	6 Classes	\$96	9/16	Sa	6:00pm-7:00pm
23384	9-12yrs	5 Classes	\$80	10/22	Su	2:00pm-3:00pm
22802	9-12yrs	6 Classes	\$96	10/24	Tu	4:00pm-5:00pm
22805	9-12yrs	5 Classes	\$80	10/25	W	6:00pm-7:00pm
22804	9-12yrs	5 Classes	\$80	10/28	Sa	6:00pm-7:00pm

Wheaton Indoor Tennis

22809	9-12yrs	6 Classes	\$84	9/10	Su	1:00pm-2:00pm
22807	9-12yrs	6 Classes	\$84	9/14	Th	5:00pm-6:00pm
22808	9-12yrs	6 Classes	\$84	9/16	Sa	1:00pm-2:00pm
22812	9-12yrs	5 Classes	\$70	10/22	Su	1:00pm-2:00pm
22810	9-12yrs	5 Classes	\$70	10/26	Th	5:00pm-6:00pm
22811	9-12yrs	5 Classes	\$70	10/28	Sa	1:00pm-2:00pm

Beginner Plus: Teen

Cabin John Indoor Tennis

22816	13-17yrs	6 Classes	\$96	9/10	Su	4:00pm-5:00pm
23391	13-17yrs	6 Classes	\$96	9/12	Tu	6:00pm-7:00pm
22815	13-17yrs	5 Classes	\$80	10/22	Su	4:00pm-5:00pm
23392	13-17yrs	6 Classes	\$96	10/24	Tu	6:00pm-7:00pm

Wheaton Indoor Tennis

22818	13-17yrs	6 Classes	\$84	9/10	Su	5:00pm-6:00pm
22817	13-17yrs	6 Classes	\$84	9/16	Sa	4:00pm-5:00pm
22820	13-17yrs	5 Classes	\$70	10/22	Su	5:00pm-6:00pm
22819	13-17yrs	5 Classes	\$70	10/28	Sa	4:00pm-5:00pm

Beginner Plus: Adult

Cabin John Indoor Tennis

23385	18yrs&up	6 Classes	\$96	9/10	Su	1:00pm-2:00pm
22794	18yrs&up	6 Classes	\$96	9/13	W	1:00pm-2:00pm
22795	18yrs&up	6 Classes	\$96	9/16	Sa	9:00am-10:00am
23386	18yrs&up	5 Classes	\$80	10/22	Su	1:00pm-2:00pm
22792	18yrs&up	5 Classes	\$80	10/25	W	1:00pm-2:00pm
22793	18yrs&up	5 Classes	\$80	10/28	Sa	9:00am-10:00am

Wheaton Indoor Tennis

22798	18yrs&up	6 Classes	\$84	9/10	Su	12:00pm-1:00pm
22796	18yrs&up	6 Classes	\$84	9/14	Th	2:00pm-3:00pm
22797	18yrs&up	6 Classes	\$84	9/16	Sa	5:00pm-6:00pm
22801	18yrs&up	5 Classes	\$70	10/22	Su	12:00pm-1:00pm
22799	18yrs&up	5 Classes	\$70	10/26	Th	2:00pm-3:00pm
22800	18yrs&up	5 Classes	\$70	10/28	Sa	5:00pm-6:00pm

First Intermediate

Student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and approach shots will be added.

First Intermediate: Youth

Cabin John Indoor Tennis

23387	5-8yrs	6 Classes	\$96	9/10	Su	12:00pm-1:00pm
22748	5-8yrs	6 Classes	\$96	9/13	W	4:00pm-5:00pm
22750	5-8yrs	6 Classes	\$96	9/16	Sa	3:00pm-4:00pm
23388	5-8yrs	5 Classes	\$80	10/22	Su	12:00pm-1:00pm
22749	5-8yrs	5 Classes	\$80	10/25	W	4:00pm-5:00pm
22751	5-8yrs	5 Classes	\$80	10/28	Sa	3:00pm-4:00pm

First Intermediate: Pre Teen

Cabin John Indoor Tennis

22662	9-12yrs	6 Classes	\$96	9/12	Tu	6:00pm-7:00pm
22664	9-12yrs	6 Classes	\$96	9/13	W	5:00pm-6:00pm
22663	9-12yrs	6 Classes	\$96	9/14	Th	4:00pm-5:00pm
22665	9-12yrs	6 Classes	\$96	10/24	Tu	6:00pm-7:00pm
22667	9-12yrs	5 Classes	\$80	10/25	W	5:00pm-6:00pm
22666	9-12yrs	5 Classes	\$80	10/26	Th	4:00pm-5:00pm
22671	9-13yrs	6 Classes	\$96	9/16	Sa	4:00pm-5:00pm
22672	9-13yrs	6 Classes	\$96	9/16	Sa	12:00pm-1:00pm
22673	9-13yrs	5 Classes	\$80	10/28	Sa	4:00pm-5:00pm
22674	9-13yrs	5 Classes	\$80	10/28	Sa	12:00pm-1:00pm

Wheaton Indoor Tennis

22668	9-12yrs	6 Classes	\$84	9/14	Th	3:00pm-4:00pm
22669	9-12yrs	6 Classes	\$84	9/16	Sa	3:00pm-4:00pm
22675	9-12yrs	5 Classes	\$70	10/26	Th	3:00pm-4:00pm
22676	9-12yrs	5 Classes	\$70	10/28	Sa	3:00pm-4:00pm

First Intermediate: Teen

Cabin John Indoor Tennis

22682	13-17yrs	6 Classes	\$96	9/10	Su	2:00pm-3:00pm
22678	13-17yrs	6 Classes	\$96	9/12	Tu	5:00pm-6:00pm
22679	13-17yrs	6 Classes	\$96	9/16	Sa	2:00pm-3:00pm
22685	13-17yrs	5 Classes	\$80	10/22	Su	2:00pm-3:00pm
22681	13-17yrs	6 Classes	\$96	10/24	Tu	5:00pm-6:00pm
22680	13-17yrs	5 Classes	\$80	10/28	Sa	2:00pm-3:00pm

Wheaton Indoor Tennis

22684	13-17yrs	6 Classes	\$84	9/10	Su	6:00pm-7:00pm
22687	13-17yrs	5 Classes	\$70	10/22	Su	6:00pm-7:00pm

First Intermediate: Adult

Cabin John Indoor Tennis

22648	18yrs&up	6 Classes	\$96	9/12	Tu	1:00pm-2:00pm
22650	18yrs&up	6 Classes	\$96	9/12	Tu	7:00pm-8:00pm
22649	18yrs&up	6 Classes	\$96	9/14	Th	11:00am-12:00pm
22651	18yrs&up	6 Classes	\$96	9/14	Th	6:00pm-7:00pm
22652	18yrs&up	6 Classes	\$96	9/16	Sa	10:00am-11:00am
22654	18yrs&up	6 Classes	\$96	10/24	Tu	7:00pm-8:00pm
22657	18yrs&up	6 Classes	\$96	10/24	Tu	1:00pm-2:00pm
22653	18yrs&up	5 Classes	\$80	10/26	Th	11:00am-12:00pm
22655	18yrs&up	5 Classes	\$80	10/26	Th	6:00pm-7:00pm
22660	18yrs&up	5 Classes	\$80	10/28	Sa	10:00am-11:00am

Wheaton Indoor Tennis

22659	18yrs&up	6 Classes	\$84	9/10	Su	11:00am-12:00pm
22656	18yrs&up	6 Classes	\$84	9/14	Th	1:00pm-2:00pm
22661	18yrs&up	5 Classes	\$70	10/22	Su	11:00am-12:00pm
22658	18yrs&up	5 Classes	\$70	10/26	Th	1:00pm-2:00pm

Second Intermediate

Students are able to hit ground strokes, lobs, volleys, serves, service returns and overheads, and can rally from the baseline for a total of 10 minutes.

Second Intermediate: Pre Teen

Cabin John Indoor Tennis

22764	9-12yrs	6 Classes	\$96	9/11	M	4:00pm-5:00pm
22765	9-12yrs	6 Classes	\$96	9/15	F	5:00pm-6:00pm
22762	9-12yrs	6 Classes	\$96	10/23	M	4:00pm-5:00pm
22763	9-12yrs	5 Classes	\$80	10/27	F	5:00pm-6:00pm

Second Intermediate: Teen

Cabin John Indoor Tennis

22768	13-17yrs	6 Classes	\$96	9/14	Th	5:00pm-6:00pm
22769	13-17yrs	6 Classes	\$96	9/16	Sa	7:00pm-8:00pm
22766	13-17yrs	5 Classes	\$80	10/26	Th	5:00pm-6:00pm
22767	13-17yrs	5 Classes	\$80	10/28	Sa	7:00pm-8:00pm

Second Intermediate: Adult

Cabin John Indoor Tennis

22758	18yrs&up	6 Classes	\$96	9/12	Tu	11:00am-12:00pm
22756	18yrs&up	6 Classes	\$96	9/14	Th	7:00pm-8:00pm
22757	18yrs&up	6 Classes	\$96	9/14	Th	10:00am-11:00am
22759	18yrs&up	6 Classes	\$96	9/16	Sa	1:00pm-2:00pm
22754	18yrs&up	6 Classes	\$96	10/24	Tu	11:00am-12:00pm
22752	18yrs&up	5 Classes	\$80	10/26	Th	7:00pm-8:00pm
22753	18yrs&up	5 Classes	\$80	10/26	Th	10:00am-11:00am
22755	18yrs&up	5 Classes	\$80	10/28	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

22760	18yrs&up	6 Classes	\$84	9/10	Su	8:00pm-9:00pm
22761	18yrs&up	5 Classes	\$70	10/22	Su	8:00pm-9:00pm

Third Intermediate

Students should have a thorough understanding of most aspects of tennis including: offensive and defensive shots, rules and strategies to win points, games, and matches. This is the highest level for children under 18.

Third Intermediate: Pre-Teen

Cabin John Indoor Tennis

22774	9-12yrs	6 Classes	\$108	9/11	M	5:00pm-6:00pm
22775	9-12yrs	6 Classes	\$108	9/16	Sa	5:00pm-6:00pm
22772	9-12yrs	6 Classes	\$108	10/23	M	5:00pm-6:00pm
22773	9-12yrs	5 Classes	\$90	10/28	Sa	5:00pm-6:00pm

Third Intermediate: Teen

Cabin John Indoor Tennis

22781	13-17yrs	6 Classes	\$108	9/10	Su	6:00pm-7:00pm
22780	13-17yrs	6 Classes	\$108	9/11	M	6:00pm-7:00pm
22782	13-17yrs	6 Classes	\$108	9/15	F	4:00pm-5:00pm
22778	13-17yrs	5 Classes	\$90	10/22	Su	6:00pm-7:00pm
22777	13-17yrs	6 Classes	\$108	10/23	M	6:00pm-7:00pm
22779	13-17yrs	5 Classes	\$90	10/27	F	4:00pm-5:00pm

Third Intermediate: Adult

Cabin John Indoor Tennis

22771	18yrs&up	6 Classes	\$108	9/14	Th	8:00pm-9:00pm
22770	18yrs&up	5 Classes	\$90	10/26	Th	8:00pm-9:00pm

Specialty Offerings

Workout Clinics are group activities, featuring drills to give players an ultimate, high-energy workout.

Workout Clinic: Adult

Cabin John Indoor Tennis

22896	18yrs&up	6 Classes	\$108	9/10	Su	3:00pm-4:00pm
22895	18yrs&up	6 Classes	\$108	9/12	Tu	12:00pm-1:00pm
23402	18yrs&up	6 Classes	\$108	9/16	Sa	2:00pm-3:00pm
22894	18yrs&up	5 Classes	\$90	10/22	Su	3:00pm-4:00pm
22893	18yrs&up	6 Classes	\$108	10/24	Tu	12:00pm-1:00pm
23404	18yrs&up	5 Classes	\$90	10/28	Sa	2:00pm-3:00pm

Wheaton Indoor Tennis

22900	18yrs&up	6 Classes	\$96	9/10	Su	7:00pm-8:00pm
22897	18yrs&up	6 Classes	\$96	9/14	Th	12:00pm-1:00pm
22898	18yrs&up	6 Classes	\$96	9/15	F	7:00pm-8:00pm
22899	18yrs&up	6 Classes	\$96	9/16	Sa	9:00am-10:00am
22904	18yrs&up	5 Classes	\$80	10/22	Su	7:00pm-8:00pm
22901	18yrs&up	5 Classes	\$80	10/26	Th	12:00pm-1:00pm
22902	18yrs&up	5 Classes	\$80	10/27	F	7:00pm-8:00pm
22903	18yrs&up	5 Classes	\$80	10/28	Sa	9:00am-10:00am

Advanced: Adult

Prerequisite: Mastery of all Intermediate level skills. Provides an advanced player with offensive and defensive strategies keying in on positioning and shot placement. Special attention paid to closing point, analysis of match play situations, and an introduction to mental toughness training.

Cabin John Indoor Tennis

22789	18yrs&up	6 Classes	\$108	9/15	F	7:00pm-8:00pm
22790	18yrs&up	6 Classes	\$108	9/15	F	8:00pm-9:00pm
22787	18yrs&up	5 Classes	\$90	10/27	F	7:00pm-8:00pm
22788	18yrs&up	5 Classes	\$90	10/27	F	8:00pm-9:00pm

Cardio: Tennis

A new, fun, group activity, featuring drills to give players of all abilities an ultimate, high-energy workout. Includes warm-up, cardio workout, and cool down phases. For players looking for a great new way to get in shape and to burn calories, this is a must. For more information call 301-469-7300.

Cabin John Indoor Tennis

22878	All Ages	6 Classes	\$108	9/10	Su	3:00pm-4:00pm
22879	All Ages	6 Classes	\$108	9/10	Su	4:00pm-5:00pm
23394	All Ages	6 Classes	\$108	9/16	Sa	12:00pm-1:00pm
22876	All Ages	5 Classes	\$90	10/22	Su	3:00pm-4:00pm
22877	All Ages	5 Classes	\$90	10/22	Su	4:00pm-5:00pm
23396	All Ages	5 Classes	\$90	10/28	Sa	12:00pm-1:00pm

Match Play

Instructor needs to review player's level of play as prerequisite for class. Contact Eric Zatman via e-mail at ezatman@aol.com or by phone at 301-869-9753 or 301-469-7300.

Cabin John Indoor Tennis

22888	All Ages	6 Classes	\$108	9/11	M	8:00pm-9:00pm
23398	All Ages	6 Classes	\$108	9/11	M	7:00pm-8:00pm
22889	All Ages	6 Classes	\$108	9/12	Tu	7:00pm-8:00pm
22890	All Ages	6 Classes	\$108	9/12	Tu	8:00pm-9:00pm
22891	All Ages	6 Classes	\$108	9/13	W	7:00pm-8:00pm
22892	All Ages	6 Classes	\$108	9/13	W	8:00pm-9:00pm
22883	All Ages	6 Classes	\$108	10/23	M	8:00pm-9:00pm
23400	All Ages	6 Classes	\$108	10/23	M	7:00pm-8:00pm
22884	All Ages	6 Classes	\$108	10/24	Tu	7:00pm-8:00pm
22885	All Ages	6 Classes	\$108	10/24	Tu	8:00pm-9:00pm
22886	All Ages	5 Classes	\$90	10/25	W	7:00pm-8:00pm
22887	All Ages	5 Classes	\$90	10/25	W	8:00pm-9:00pm

Junior Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Chris Robinson @ 301-469-7300. In person only registrations accepted.

Cabin John Indoor Tennis

22882	All Ages	6 Classes	\$108	9/10	Su	5:00pm-6:00pm
22881	All Ages	5 Classes	\$90	10/22	Su	5:00pm-6:00pm

Adult Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Bill McDougall at 301-469-7300. In person only registrations accepted.

Cabin John Indoor Tennis

22784	18yrs&up	6 Classes	\$2189	9/13	W	11:00am-1:00pm
22783	18yrs&up	5 Classes	\$183	10/25	W	11:00am-1:00pm

Parent & Child

This class is designed to teach both parents and children the fundamental skills at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Registration for this class must be done in person. Additional parent or child fee \$45.00 per person.

Parent & Child: Youth

Wheaton Indoor Tennis

23251	5-9yrs	6 Classes	\$114	9/10	Su	3:00pm-4:00pm
23249	5-9yrs	6 Classes	\$114	9/15	F	6:00pm-7:00pm
23250	5-9yrs	6 Classes	\$114	9/16	Sa	11:00am-12:00pm
23254	5-9yrs	5 Classes	\$95	10/22	Su	3:00pm-4:00pm
23252	5-9yrs	5 Classes	\$95	10/27	F	6:00pm-7:00pm
23253	5-9yrs	5 Classes	\$95	10/28	Sa	11:00am-12:00pm

Parent & Child: Pre Teen

Wheaton Indoor Tennis

23258	8-12yrs	6 Classes	\$114	9/10	Su	4:00pm-5:00pm
23256	8-12yrs	6 Classes	\$114	9/14	Th	6:00pm-7:00pm
23257	8-12yrs	6 Classes	\$114	9/16	Sa	12:00pm-1:00pm
23261	8-12yrs	5 Classes	\$95	10/22	Su	4:00pm-5:00pm
23259	8-12yrs	5 Classes	\$95	10/26	Th	6:00pm-7:00pm
23260	8-12yrs	5 Classes	\$95	10/28	Sa	12:00pm-1:00pm

Outdoor Tennis

Designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet and basic stroke technique. Court etiquette will be addressed at this level. Class conducted on the outdoor courts.

Outdoor Tennis: Adults

Cabin John Regional Park

23971	18yrs&up	6 Classes	\$96	9/13	W	5:00pm-6:00pm
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Olney Manor Recreational Park

23969	18yrs&up	6 Classes	\$96	9/12	Tu	5:00pm-6:00pm
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South Germantown Recreational Park

23973	18yrs&up	6 Classes	\$96	9/14	Th	5:00pm-6:00pm
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Outdoor Tennis: Children

Cabin John Regional Park

23905	8-14yrs	6 Classes	\$96	9/13	W	4:00pm-5:00pm
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Olney Manor Recreational Park

23904	8-14yrs	6 Classes	\$96	9/12	Tu	4:00pm-5:00pm
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South Germantown Recreational Park

23907	8-14yrs	6 Classes	\$96	9/14	Th	4:00pm-5:00pm
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Planning, Preserving and Developing Montgomery County

YOUR QUALITY OF LIFE IS OUR PRIORITY

WHERE YOU CAN FIND MORE INFORMATION

A variety of divisions within the agency engage community leaders, residents and developers to guide the county's development. For more specific information on planning and development in Montgomery County:

GENERAL INFORMATION

301-495-4610

COMMUNITY-BASED PLANNING

301-495-4555

DEVELOPMENT REVIEW

301-495-4595

ENVIRONMENTAL PLANNING

301-495-4540

HISTORIC PRESERVATION

301-563-3400

RESEARCH AND TECHNOLOGY

301-495-4700

STRATEGIC PLANNING

301-495-4500

TRANSPORTATION PLANNING

301-495-4525

■ Para más información
en Español por favor
llame al 301-495-4612.

Did You Know...?

In addition to managing an award-winning 32,900-acre park system, the Maryland-National Capital Park and Planning Commission also makes important decisions about how Montgomery County's land is used, developed and preserved. The decisions the agency makes have an immediate impact on the quality of life in our region.

Stewarding Montgomery County's land resources...

For more than 75 years, the Commission has worked to preserve a 93,000-acre Agricultural Reserve that encompasses one-third of the county's land; encourage development close to mass transit systems in order to address traffic congestion; and balance the growth of our communities.

Master Plans...

Master Plans address transportation, the location of public facilities, parks and open space and a community's character. Master planning involves extensive outreach to the entire community. If your community's master plan is getting underway (see box), and you would like to participate please contact the Community-Based Planning Division (301) 495-4555 for more information.

Planning Board meetings...

The Montgomery County Planning Board holds public meetings virtually every Thursday throughout the year to review potential development projects and make land use decisions. We actively invite the community to participate in these decisions and testify during public hearings. For more information visit our website at www.mncppc.org

What's coming up?

The master plans for the following communities are underway:

- > Twinbrook
- > Gaithersburg
- > Germantown
- > White Flint
- > Kensington/
University Boulevard
- > Westbard
- > Wheaton CBD/
Georgia Avenue

For more detailed information, including a schedule, call 301-495-4555

THE MONTGOMERY COUNTY PLANNING BOARD

Derick Berlage, *Chairman*
Wendy Perdue, *Vice-Chairman*

Allison Bryant, Ph.D.
John Robinson
Meredith Wellington

Join Our Outdoor

Weekend Retreat for Women

September 8-10, 2006



Rockwood Manor Park

(across from the C&O Canal)
11001 MacArthur Boulevard
Potomac, MD 21710

Catered Meals and Overnight Accommodations Included
Cost: \$200 per person for shared cabin accommodations
\$250 per person for semi-private rooms

For more information, call 301-299-5026 or visit
www.WeHaveTheWhere.com

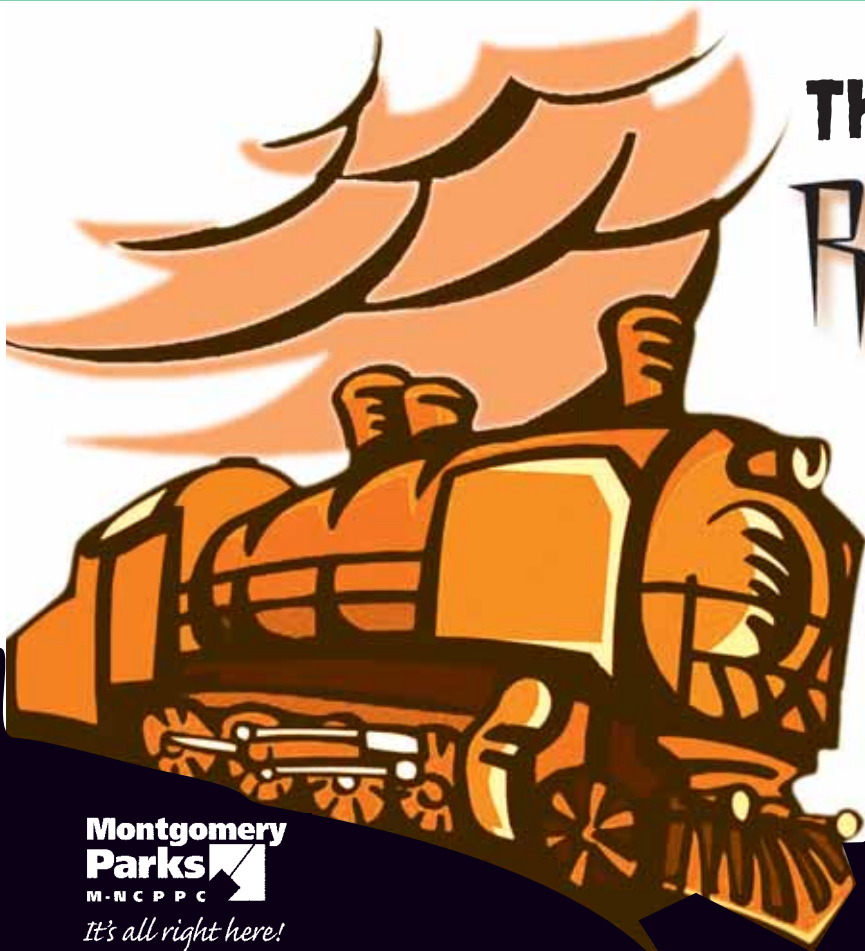


Sponsored by
Hudson Trail Outfitters

It's all right here! The Maryland-National Capital Park and Planning Commission



*Fly Fishing ~ Bird Watching
Kayaking ~ Nature Photography
Nature Journaling ~ Hiking
Yoga & Meditation ~ and More!*



The Haunted Train RIDES AGAIN

Wheaton Regional Park

October 12-29, 2006

Thursday-Sunday  6-9pm

Admission \$5 or \$4 with a can of food

Sponsored by



It's all right here!

301-942-6703

www.WheatonTrainandCarousel.com

Montgomery Parks

Maryland-National Capital Park and Planning Commission

Before You Register

- Open a ParkPASS account (go to www.ParkPASS.org)
- Identify the program information (course number is needed)

Ready to Register?



By Internet

Internet registration is available 24 hours a day starting at 7am on the 1st day of registration. Know your Customer Number and Account PIN and visit www.parkpass.org. You may view classes and activities, sign up, make a payment, and view your family's current registrations.



In person or by mail or fax

Complete the registration form. You may take the completed registration form in person to any of our ParkPASS facilities. Or you may mail or fax the registration form to the facility offering the program (copies are acceptable). Faxed registrations require credit card payment. A listing of the facility addresses, faxes, and phone numbers is on page 91.



By phone

Touch-tone telephone registration is available 24 hours a day starting at 7am on the 1st day of registration. Call 301-962-1477 and follow the prompts.

Questions?

If you have a question about a specific class or activity, call the facility offering the program (see page 79 for facility phone numbers). If you have a question about the ParkPASS system, call our ParkPASS Help Desk, Monday-Friday, 10am-2pm, at 301-495-2580 or e-mail the Help Desk at mcp-parkpasshelp@mncppc-mc.org.

Confirmation

Confirmation letters will not be mailed. If a class is full, you will receive a phone call asking if you want to a) be placed on the waitlist, b) choose another class, or c) cancel your request. If you wish to confirm your registration, please contact the facility directly using the facility phone number listed on page 91.

Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance - A 50% fee reduction on programs is available to eligible Montgomery County residents. See www.parkpass.org for information and application form.
- If you don't want to use a credit card, you may stop by any of our ParkPASS facilities (listed on page 91) and register in person or make a payment on your account. Those funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure. M-NCPPC uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

Refund Policy

In the event that M-NCPPC cancels a program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

In order to withdraw from a program, submit a written request to the hosting facility. If it is received at least one business day before the program begins, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. For programs with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.

If your written withdrawal request is received the day of the program, no refund will be given for that class. If the program has multiple classes and you submit a written request after the 1st class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% Refund Administrative Fee. No credit or refund will be issued after the 2nd class in a series.

No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the program.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 3-4 weeks to process.

Some activities have different refund/withdrawal policies that supersede this standard policy.

INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 87).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Two Separate Agencies One Registration Form



Read our Detailed Registration Information

(on pages 126 and 127)



Registration Form



Save Time
Register Online

This form may be duplicated.

Main Contact

Last Name	First Name	Middle Initial	Birth Date	Gender	Street Address

City	State	ZIP	Home Phone	Work Phone	Cell Phone

SIGN UP BELOW FOR RECREATION PROGRAMS (Orange Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Recreation Dept. Fee

☐ Check or Money Order payable to **MCRD**

Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

If you are a non-resident, include an additional \$10 per participant for each activity:

RECREATION Programs Fee Total: _____

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

☐ Check or Money Order payable to **M-NCPPC** (Please mail to the ParkPASS facility offering the program. Listing on page 91.)

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **the ParkPASS facility offering the program**. Listing on page 91.

PARKS Programs Fee Total: _____

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

GERMANTOWN OktoberFEST

**Saturday, October 7
11:00am-dark**



Ridge Road Recreational Park

21155 Frederick Road, Germantown, Maryland

The family-oriented event, which features music and games, will begin at 11:00 am and end at dark with fireworks. Now in its 24th year, the Germantown Oktoberfest is the longest-running community event in Upper Montgomery County. Proceeds go to a local charity. Music on three stages, crafts, exhibits, food, scarecrow making, pumpkin painting, children's games; Evening entertainment is the Cops and Robbers band.

**To learn more, call 240-777-8003 or visit
www.GermantownOktoberfest.org**



DEPARTMENT OF
RECREATION

Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902

PRSR STD
US Postage Paid
Rockville, MD
Permit No.138



Montgomery County Recreation
Department recycles paper, bottles,
and cans in our programs.

or current resident